TESCO

FREE | JANUARY 2025

TWIRLS ALLOWED

Veggie yaki udon p67

EASY WAYS TO EAT BETTER | COMFORTING CURRIES & SOUPS | DINNERS WITH VEG-FACTOR

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Lauren Rose-Smith, Content director (print)

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To a healthy, happy you

With so much information out there on what's good for you and what isn't, we're calling time on the confusing stuff. Our view on healthy eating is this: keep it simple, keep it personal, and never remove the joy! Turn to p36 for expert tips and recipes that'll ease you into eating well. In fact, we've packed this issue with ideas to help you get the most out of your meals. From breakfasts that'll even tempt die-hard coffee and croissant lovers, to dinners that put plant-based spins on family favourites. Whatever your New Year resolutions may be, this is food to enjoy all week, every week.

Lauren

I'm loving...

...swapping crisps for these moreish **Edamame Beans with Chilli Salt 120g, £2** (£1.67/100g), as a healthy snack.

New Chewy Vites delicious Magnesium gummies for Kids and Adults!

AS SEEN ON TV

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chewyvites.com

VEGAN

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Your January offers

This issue's brands include:

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FOR COUPONS

FALL IN LOVE WITH...

...our February issue

- Pasta-making masterclass
- A Middle Eastern-inspired feast
- Irresistible chocolate recipes

CONTENTS

EVERYDAY
15 Cook once, eat twice
19 5 for £25
44 Good breakfasts
61 Vegetarian twists on classic favourites

WEEKEND
27 Field to fork
73 Lunar New Year
84 Homemade curries
98 Treat of the week

KNOW-HOW
35 Try the trend: A new way with beans
52 Cooking with tofu
58 Dry January
69 Cooking for one
91 Skills: Soup-making
95 Too good to waste

SHOPPING
9 What's in store
70 F&F Home

HEALTH & WELLBEING
36 31 days to healthier eating habits
55 Health updates
57 My health kicks: Shivi Ramoutar

COVER RECIPE Veggie yaki udon, p67
RECIPE Jessica Smith-Simmons
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29
GRAPEFRUIT GRANOLA

WHY NOT TRY... A BETTER BREAKFAST

Make your first meal of the day one you'll really look forward to

PEAR & RASPBERRY BAKED OATS

38

MAGIC BREAKFAST TOPPER

46

SPEEDY OMELETTE WRAPS

44

Your January recipes

BREAKFASTS, SMALL PLATES & SIDES

Any bean dip V Vg DF GF 35
Breakfast salad V GF 50
Cottage cheese & oat pancakes V ❄ 49
Grapefruit curd V GF 28
Grapefruit granola V DF 29
Homemade trail mix DF 39
Magic breakfast topper Vg DF GF 46
Pear & raspberry baked oats V ❄ 38
Speedy omelette wraps V GF 44
Stir-fried green beans Vg DF GF 88
Swede & potato mash V GF ❄ 33

MAIN MEALS

Beetroot soup with feta & dill V GF ❄ 92
Buffalo swede tacos V ❄ 32
Chicken biryani traybake DF GF 21
Filo samosa pie Vg DF ❄ 23
Giant katsu mackerel fishcake DF 20
Gochujang loaded sweet potato fries V 67
Paneer bhuna V GF 85
Piri-piri halloumi pittas V 63
Quick bean chilli pittas Vg DF ❄ 39
Roast pork & bean traybake GF 16
Rosemary root veg frittata V DF ❄ 24
Salmon, rice & tomato traybake DF GF 40
Salmon saag GF 88
Sea bass with shiitake, ginger & pak choi DF 75
Smoky tofu bánh mì Vg DF 53
Smoky tomato carbonara V 63
Spiced pork rainbow bowl DF 16
Sticky chilli chicken stir-fry DF 20
Tofu lo mein noodles V DF 81
Veggie yaki udon V DF 67
Vietnamese-style chicken rice congee DF GF 76

SWEET TREATS & DRINKS

Blood Orange & Cardamom Shrub Vg DF GF ❄ 59
Rice pudding with whisky caramel V GF ❄ 98

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- Vg Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- ❄ Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press.

Alcohol For more information about responsible drinking, visit bedrinkaware.co.uk

Helping you make better choices

From eating well and taking care of yourself to reducing food waste and using less plastic, it all starts with what you put in your basket. Look out for the Better Baskets logo to help you make better choices with Tesco. Scan the QR code to find out more.

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TRENDING

KEFIR

JAMIE ROBINSON
Tesco executive chef, product development

'Conversations around gut health are everywhere and there's lots you can do to work towards a healthier diet. But we wanted to make those healthier choices as easy as possible for you. Cue the delicious-looking breakfast in this pic. It's made with our new Gut Sense Rhubarb & Ginger Kefir yogurt, layered with low-fat granola (or try the recipe on p29) and paired with poached rhubarb for good measure. Give it a go and make it yours with your favourite toppings.'

'Kefir is rich in calcium and gut-supporting probiotic bacteria'

Gut Sense Rhubarb & Ginger Kefir 350g, £1.50 (43p/100g)

Serving suggestion

CELEBRATORY SIDES

Get into the spirit of Lunar New Year with a little taste of China...
Prawn Crackers 60g, £1.10 (£1.83/100g)**; 4 Prawn Toasts 120g, £2.60** (£2.17/100g)**;**
6 Vegetable Spring Rolls 216g, £2.50 (£1.16/100g)

FEELING BLUE?
Kick Blue Monday to the curb by indulging in something sweet.
Toffee Apple Sponge Pudding 330g, £4
(£1.21/100g)

Banish the blues with a steaming bowl of pudding and custard

+

+

HOW TO MAKE TOFU MOUSSE

For an easy vegan chocolate mousse, melt **Tesco Finest 75% Ecuador Dark Chocolate 100g, £2**, then blitz with **Tesco Plant Chef Organic Firm Tofu 300g** (drained weight)**, £1.95** (49p/100g), that's naturally high in protein, and a little **Tesco Finest Amber Maple Syrup 330g, £6.45** (£1.95/100g). Delicious!

SWAP IT

Love pasta and meatballs? Try swapping out your regular choice for this tasty alternative: **Plant Chef 12 Meat-Free Balls 336g, £2.30** (68p/100g).

Create a stir (fry)

Looking for a speedy dinner that tastes amazing? Check out the new additions to the Stir Fry Meal Deal, which costs just £3 with your Clubcard*. It counts as 1 of your 5-a-day too. **Vegetable Stir Fry 320g, £1.50** (47p/100g)**; Sticky Jasmine Rice 300g, £2** (67p/100g); **Thai Inspired Stir Fry Sauce 165g, £1.15** (70p/100g)

*Specific products in stir fry meal deal may vary. Stir fry meal deal includes 1 stir fry vegetable, 1 noodle or rice and 1 sauce. Deal available in all larger stores while stocks last. Excludes Express. Clubcard/app required. Tesco Vegetable Stir Fry 320g, Tesco Thai Inspired Stir Fry Sauce and Tesco Sticky Jasmine Rice available in the majority of larger stores. **3 for £8 Deal available in larger stores while stocks last. Excludes Express. Clubcard/app required. Ends 27 April 2025. Individual products Calorie Controlled Beef Lasagne, Calorie Controlled Cod Mornay with Mash & Peas, and Calorie Controlled Sweet & Sour Chicken available in majority of larger stores

3 OF THE BEST... LOWER-CALORIE DINNERS

Make the right choice with a low-fat, low-salt meal – even better value with your Clubcard.

1 Beef Lasagne 380g, £3.30 (87p/100g)**, or any 3 for £8****

2 Cod Mornay, Mash & Peas 380g, £3.30 (87p/100g)**, or any 3 for £8****

3 Sweet & Sour Chicken 380g, £3.30 (87p/100g)**, or any 3 for £8****

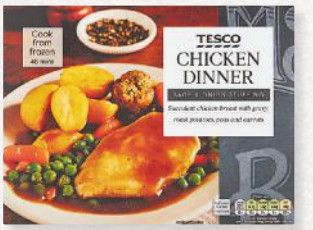
Chilli Bean Soup Mix 400g, £2 (50p/100g)

Moroccan Cauliflower & Chickpea Soup Mix 400g, £2 (50p/100g)

Spicy Butternut Squash & Sweet Potato Soup Mix 400g, £2 (50p/100g)

FRESH SOUP IN MINUTES

Look out for the new range of soup mixes now in store. Great choices for a warming lunch or as a light and cosy dinner.



Chicken Dinner with Sage & Onion Stuffing 400g*, £2.30 (58p/100g)

Hearty Food Co. Cheese & Tomato Pasta 400g*, 85p (21p/100g)

Cauliflower Cheese Bake 680g*, £2.40 (35p/100g)

FREEZER PLEASER

We know that sometimes things don't always go to plan – these frozen meals make the perfect last-minute midweek dish. They also count towards 1 of your 5-a-day. These are more examples of how Better Baskets at Tesco is helping you make better choices, every time you shop.

Better Baskets

Root & Soul Roasted Beetroot & Red Onion Tart Tatin in a Balsamic Glaze 400g, £7.50 (£1.88/100g)

Try the trend VEGGIE SIDES

Be inspired for Meat-Free Mondays with these top ideas

Root & Soul Sumac Roasted Carrots with a Tomato Tagine & Crumbled Feta 380g, £4.25 (£1.12/100g)

Enhance your dinner with flavour and fibre

WORDS **GEORGINA CROTHERS, BRYONY BOWIE** PHOTOGRAPHY **ELLA MILLER**
FOOD STYLING **LUCY O'REILLY** PROP STYLING **MORAG FARQUHAR** *Available in the majority of larger stores from 20 January 2025

Dear diary...

Bring on 2025! Set your goals and get organised with joyful stationery goodies and motivational pick-me-ups that will keep you on track for a great year ahead

THINK POSITIVE

Feel uplifted every day with inspiring affirmation cards

Fun flip-diary format!

MANIFEST IT!

From small to-dos to big dreams, stay on track and achieve your goals with this planner. Then create a meaningful, daily ritual and keep your mood uplifted by jotting down what's put a smile on your face in a gratitude journal.

Goal Planner, £8; A6 Gratitude PU Journal & Pen, £8; Affirmation Cards, £5; Timeless 2025 DTV Flip Diary, £7; Pastel 3-pack Ball Point Pens, £7

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To grab and enjoy on-the-go!

Jamaican Jerk Chicken available in majority of larger stores.
Indian Spiced Vegetable available in selected larger stores

Available at TESCO

COOK *ONCE*, EAT **TWICE**

Roasts aren't just for Sundays with these versatile pork recipes

Spiced pork rainbow bowl p16

Roast pork & bean traybake p16

Dinner tonight

ROAST PORK & BEAN TRAYBAKE

Serves 4 GF
Takes 1 hr 30 mins
Cost per serve £2.38

- 1.3kg pork loin crackling joint, skin removed, at room temperature
- 1½ tbsp olive oil
- 2 tbsp fennel seeds, ground
- 1 leek, washed, trimmed and cut into rounds
- 2 red apples, each cored and cut into 8 segments
- 1 tsp dried sage
- ½ chicken stock cube, made up to 200ml
- 1 tbsp wholegrain mustard
- 1 tbsp Dijon mustard
- 2 x 400g tins cannellini beans, rinsed
- 90g curly kale, woody stalks removed
- 2 tbsp 50% less fat crème fraîche

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the pork in a deep roasting tin and pat dry with kitchen paper. Rub all over with 1 tbsp oil and the fennel seeds, and season with black pepper. Roast in the centre of the oven for 45 mins.
2 Toss together the leek, apple, sage and remaining oil. Add to the roasting tray around the pork, then roast for 15-20 mins until the pork is golden, cooked through and the juices run clear. Transfer the pork to a plate and set aside to rest.
3 Whisk the stock and mustards together until smooth, then pour over the leek mixture and stir in the cannellini beans and kale. Roast for 10 mins until the kale has wilted and the sauce is piping hot. Stir in the crème fraîche and pork resting juices and season with black pepper.
4 Thinly slice the pork (reserving 380g for the Spiced pork rainbow bowl, right) and serve on top of the beans. The leftover pork will keep in the fridge for up to 3 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2093kJ 500kcal	21g	7g	11g	1.1g
25%	31%	35%	12%	19%

of the reference intake. See page 7.
Carbohydrate 26g Protein 45g Fibre 12g

Lunch tomorrow

SPICED PORK RAINBOW BOWL

Serves 6 DF
Takes 30 mins
Cost per serve £2.26

- 90g curly kale, woody stalks removed
- 1 red onion, cut into 8 wedges
- 2 tsp olive oil
- 1 tbsp 4-seed mix
- 2 x 110g packs Mediterranean-style couscous
- 1 lemon, zested and juiced
- 30g pack flat-leaf parsley, finely chopped
- 2 tbsp harissa
- 200g pot reduced-fat houmous
- 380g leftover roast pork loin, thinly sliced
- 200g cherry tomatoes
- 180g pack sweet and fiery beetroot, quartered

1 Preheat the oven to gas 6, 200°C, fan 180°C. Toss the kale, red onion and olive oil together, then roast for 15-20 mins, tossing halfway through, until the kale is dark green and crisp. Sprinkle over the seeds for the last 5 mins of cooking.
2 Meanwhile, mix the couscous with 340ml boiling water in a heatproof bowl. Cover and set aside for 5 mins. Fluff up with a fork, then stir through the lemon zest, juice and parsley; season with black pepper. Divide between bowls.
3 Mix 1 tbsp harissa through the houmous, then spoon into the bowls. Top with the roast pork, kale, onion, tomatoes (halved if you like) and beetroot. Drizzle over the remaining harissa, loosened with a little water to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1931kJ 461kcal	18g	5g	12g	1.3g
23%	26%	25%	13%	21%

of the reference intake. See page 7.
Carbohydrate 39g Protein 32g Fibre 7g
1 of your 5-a-day; high in protein

RECIPES **CATE WALTON** PHOTOGRAPHY **DANIELLE WOOD** FOOD STYLING **KATIE MARSHALL** PROP STYLING **JENNY IGGLEDEN**

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5 FOR £25

Five healthier reader-approved recipes to see your family through the week

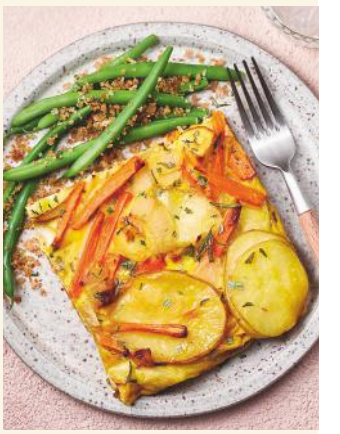
Tried it, liked it

Melanie lives in Surrey with her partner, 12-year-old twin boys and seven-year-old daughter. She said, 'Dinnertime is often manic at home with everyone coming and going to all their after-school activities. The biggest challenge is finding meals that everyone eats!'

'It was nice to give my air-fryer a rest and get more of a range of veg into my kids'

GET INVOLVED

Want to test one of our family dinner meal plans for four? Email tesco.mag@cedarcom.co.uk for your chance to get involved.



STICKY CHILLI CHICKEN STIR-FRY

Serves 4 DF
Takes 30 mins

- 300g long-grain rice
- 3 tbsp reduced-salt soy sauce
- 2 tbsp clear honey
- 1 lime, zested and cut into wedges
- 1½ tbsp vegetable oil
- 500g pack 5% fat chicken mince
- 500g carrots, peeled and cut into thin batons
- 4 spring onions, trimmed and thinly sliced, whites and greens separated
- 3 garlic cloves, crushed
- 1 red chilli, deseeded if you like and very finely chopped
- 10g fresh coriander, chopped

1 Cook the rice to pack instructions. Mix the soy sauce, honey, lime zest and 3 tbsp water in a jug and set aside.
2 Meanwhile, heat 1 tbsp oil in a wok over a high heat and fry the mince for 5-6 mins, breaking up with a spoon, until golden, crispy and cooked through. Transfer to a bowl and set aside.
3 Add the remaining oil to the wok and reduce the heat to medium-high. Stir-fry the carrots for 6-7 mins until golden, then add the spring onion whites, garlic and chilli and stir-fry for 1-2 mins until aromatic.
4 Return the mince to the pan, add the soy sauce mixture and bring everything to a simmer. Bubble for 2-3 mins until thickened and the carrots are tender but still retaining some bite. Divide the rice and sticky chicken among bowls and scatter with the spring onion greens and coriander. Serve with the lime wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2255kJ 534kcal	12g	2g	19g	1.0g
27%	17%	11%	21%	17%

of the reference intake. See page 7.
Carbohydrate 73g Protein 30g Fibre 6g
1 of your 5-a-day; high in protein; high in vitamin A

'This was a crowd-pleaser. We loved the mince and it was quick to rustle up'

GIANT KATSU MACKEREL FISHCAKE

Serves 4 DF
Takes 55 mins

- 750g potatoes, peeled and cut into 2-3cm chunks
- 2 x 125g tins mackerel in katsu curry sauce
- 4 spring onions, trimmed and thinly sliced
- 1½ tbsp medium curry powder
- 2 tbsp vegetable oil
- 3 wholemeal bread slices, blitzed to fine crumbs
- 1 Savoy cabbage, quartered, cored and sliced thickly
- 2 garlic cloves, crushed
- 1 red chilli, deseeded if you like and finely diced
- 2 tbsp reduced-salt soy sauce

1 Preheat the oven to gas 7, 220°C, fan 200°C. Boil the potatoes for 12-15 mins until cooked through. Drain and set aside to steam for 5 mins.
2 Put the potatoes in a mixing bowl and mash until smooth. Add the mackerel, spring onions and curry powder. Season and mix – the mackerel will flake into pieces.
3 Line a dinner plate and a baking sheet with baking paper. Transfer the fishcake mix to the lined plate and pat into a 20cm circle. Brush the top with ½ tbsp oil, sprinkle over a third of the breadcrumbs and press into the top of the fishcake; invert the fishcake onto the baking sheet. Brush 1 tbsp oil over the top and sides, then scatter over and press in the remaining breadcrumbs. Bake for 25 mins or until golden and crispy.
4 Meanwhile, heat the remaining oil in a lidded frying pan over a medium-high heat. Stir-fry the cabbage for 5-6 mins until golden and wilted. Add the garlic and chilli, cook for 2 mins, then add the soy sauce and 4 tbsp water. Cover and steam for 4-5 mins, then remove from the heat. Serve with the fishcake.

'I enjoyed these spicy fishcakes and the garlic and chilli in the cabbage took it up a notch'

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1972kJ 470kcal	19g	3g	10g	1.5g
24%	27%	15%	11%	25%

of the reference intake. See page 7.
Carbohydrate 51g Protein 19g Fibre 10g
1 of your 5-a-day; high in vitamin C

CHICKEN BIRYANI TRAYBAKE

Serves 4 DF GF
Takes 1 hr 15 mins

600g pack chicken drumstick fillets
500g carrots, cut into thin batons
1 onion, thickly sliced
3 tbsp medium curry powder
2 tbsp vegetable oil
300g long-grain rice
3 garlic cloves, crushed
1 green chilli, deseeded if you like and finely chopped
1 chicken stock pot, made up to 800ml
10g fresh coriander, chopped
1 lemon, cut into wedges

1 Preheat the oven to gas 9, 240°C, fan 220°C. Add the chicken, carrots, onion, curry powder and oil to a high-sided roasting tin. Season, toss, then spread out in the tin, nestling the chicken fillets on top of the vegetables. Roast for 25 mins or until golden.
2 Thoroughly rinse the rice in a sieve under cold running water for 1-2 mins; set aside.
3 Stir the garlic and chilli into the tin and return to the oven for 3 mins. Reduce the temperature to gas 6, 200°C, fan 180°C. Set the chicken fillets aside on a plate, then add the rice and stock to the tin, stirring well. Nestle the chicken on top, cover tightly with foil, then bake for 15 mins.
4 Use a fork to fluff up and stir the rice mixture around the chicken, re-cover with foil, then bake for another 15 mins or until the rice is fluffy and tender and the chicken is cooked through. Leave to stand for 5 mins, then serve with the coriander and lemon wedges.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2436kJ 579kcal	14g	2g	13g	1.5g
29%	20%	11%	14%	25%

of the reference intake. See page 7.
Carbohydrate 69g Protein 40g Fibre 9g
1of your 5-a-day; source of fibre

'I'm absolutely sold on this one-pot wonder. The smell alone was delicious, never mind the taste'

★★★★★ IMPRESSED TESCO CUSTOMER

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SCAN FOR RECIPES

* Best selling 100% plant-based mince. Source: Nielsen Total Coverage Fresh Meat Alternatives Latest 52wks 02.11.24

Available in selected larger stores

Available at TESCO

'This was a hit! It was easy to make and the level of spice was just right for the kids'

FILO SAMOSA PIE

Serves 4 V DF freeze the assembled, uncooked pie
Takes 50 mins

- 500g potatoes, cut into 2cm chunks
- 2 tbsp vegetable oil
- 1 onion, finely diced
- 250g carrots, scrubbed and very finely diced
- 3 tbsp medium curry powder
- 3 garlic cloves, crushed
- 1 green chilli, deseeded if you like and finely chopped
- 450g frozen spinach
- 300g tin garden peas, drained and rinsed
- 10g fresh coriander, chopped
- 250g pack filo pastry

1 Preheat the oven to gas 6, 200°C, fan 180°C. Boil the potatoes for 8-10 mins until just tender but still holding their shape. Drain well; set aside.
2 Meanwhile, heat ½ tbsp oil in a lidded frying pan over a medium-high heat and cook the onion and carrots for 5-6 mins until softened. Reduce the heat to medium, stir in the curry powder, garlic and chilli and cook for 1-2 mins until aromatic. Add the spinach and 150ml water, cover, then cook for 4-5 mins until the spinach has defrosted and wilted. Stir through the potatoes and peas, season, then simmer for 2-3 mins until most of the liquid has evaporated. Remove from the heat and stir through the coriander.
3 Brush the base and sides of a 23cm springform cake tin with half the remaining oil, then use 5 sheets of filo pastry to line the base and sides of the tin, overlapping as needed to make sure there are no gaps and leaving any extra filo hanging over the sides. Spoon the potato mixture into the tin, then fold over any overhanging filo over the top.
4 Scrunch the remaining filo sheets, one at a time, into loose balls and lay on top of the potato mixture, ensuring the filling is covered. Brush with the remaining oil, then transfer to a baking sheet and bake for 30-35 mins until deep golden and crispy. Carefully remove the sides of the tin and leave to cool for a few mins before slicing to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1991kJ 474kcal	10g	1g	11g	0.9g
24%	15%	5%	12%	14%

of the reference intake. See page 7.
Carbohydrate 73g Protein 15g Fibre 13g
2 of your 5-a-day; source of fibre; source of vitamin C; high in vitamin A

ROSEMARY ROOT VEG FRITTATA

Serves 4 V DF freeze frittata only
Takes 1 hr

750g potatoes, cut into thin rounds
250g carrots, cut into thin batons
1 parsnip, peeled and cut into 2cm chunks
1 onion, cut into 2cm chunks
2 tbsp vegetable oil
10g fresh rosemary, leaves picked and finely chopped
6 large eggs
2 wholemeal bread slices, whizzed to fine crumbs
1 garlic clove, crushed
220g pack green beans

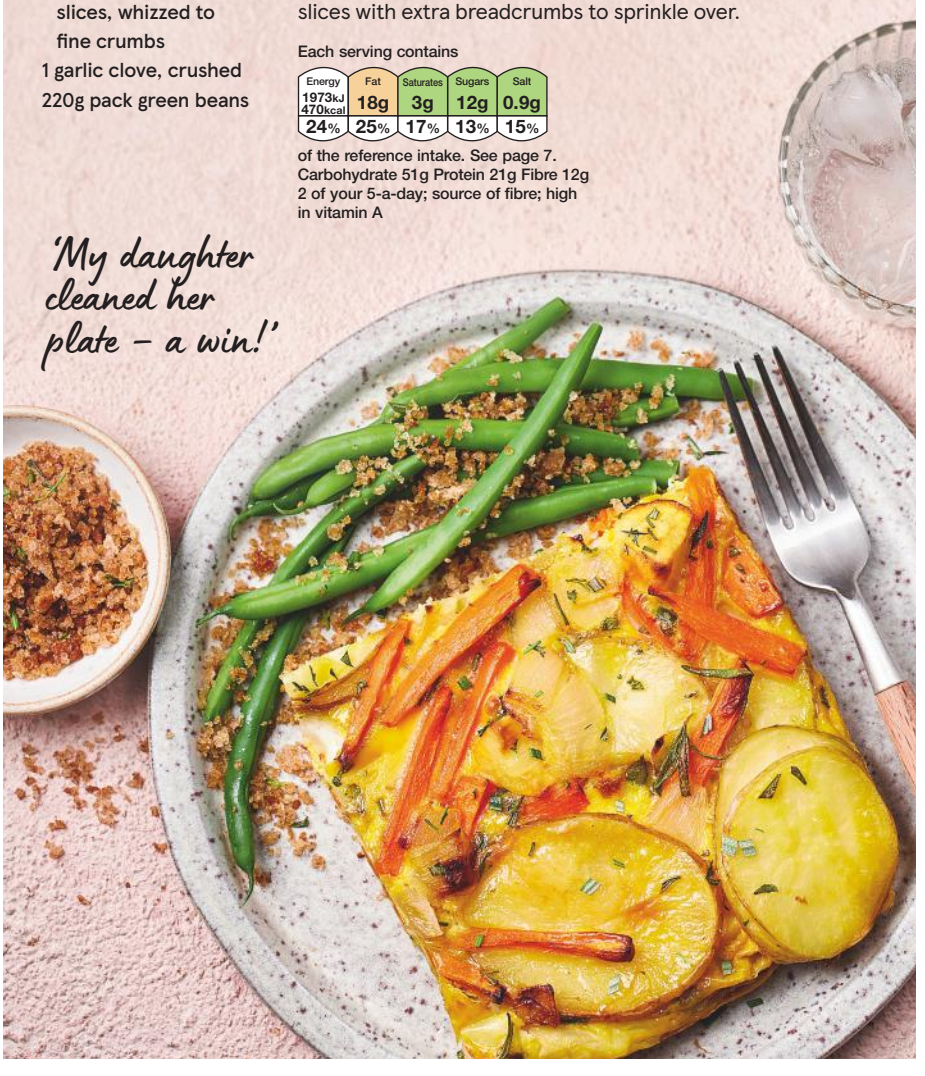
1 Preheat the oven to gas 9, 240°C, fan 220°C. Add the potatoes, carrots, parsnip and onion to a roasting tray with 1½ tbsp oil and two-thirds of the rosemary. Season, toss, then roast for 30-35 mins, stirring halfway, until golden and cooked through.
2 Line a 25 x 35cm roasting tin with baking paper. Beat the eggs. Once the veg is cooked, reduce the oven to gas 4, 180°C, fan 160°C. Transfer the veg to the lined tin, pour over the beaten egg, then bake for 20-25 mins until the frittata is just set.
3 Meanwhile, heat the remaining ½ tbsp oil in a frying pan over a medium-high heat and fry the breadcrumbs for 3-4 mins until crispy. Add the garlic and remaining rosemary and fry for a further 1-2 mins until aromatic, stirring regularly. Drain on kitchen paper and set aside to crisp up.
4 When the frittata is nearly ready, simmer the beans in boiling water for 3-4 mins until tender. Drain and season, then transfer to a bowl; top with some of the breadcrumbs. Serve alongside frittata slices with extra breadcrumbs to sprinkle over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1973kJ 470kcal	18g	3g	12g	0.9g
24%	25%	17%	13%	15%

of the reference intake. See page 7.
Carbohydrate 51g Protein 21g Fibre 12g
2 of your 5-a-day; source of fibre; high in vitamin A

'My daughter cleaned her plate – a win!'



SHOPPING LIST

1 lemon
1 lime
30g pack fresh coriander
20g pack fresh rosemary
1 large garlic bulb
65g pack mixed chillies
100g bunch spring onions
3 onions
1.5kg pack perfectly imperfect carrots
1 parsnip
2kg pack all-rounder potatoes
220g pack green beans
1 Savoy cabbage
250g pack filo pastry
500g pack 5% fat chicken mince
600g pack Willow Farms chicken drumstick fillets
80g tub medium curry powder
150ml bottle reduced-salt soy sauce
1kg pack Grower's Harvest long-grain rice
2 x 125g tins mackerel in katsu curry sauce
300g tin Grower's Harvest garden peas in water
800g loaf H.W. Nevill's wholemeal bread
340g jar Stockwell & Co. clear honey
6-pack large free-range eggs
900g pack frozen leaf spinach

+ FROM YOUR STORECUPBOARD

Vegetable oil, chicken stock pot

GIVE ME MORE!

Scan this QR code to find more meal plans for £25, on Tesco Real Food.

RECIPES **GABRIELLA ENGLISH** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **LUCY O'REILLY** PROP STYLING **VICTORIA ELDRIDGE**

£4.00

£2.50

Clubcard Price

THE PERFECT SMOOTHIE BASE TO SUPPORT YOUR IMMUNE SYSTEM THIS WINTER*

BLEND ME

HIGH in VITAMIN C*

@VITACOCOEU @VITACOCOUK

*An adult recommended daily allowance of Vitamin C is 80mg. An Original 500ml contains 90mg of Vitamin C. Vitamin C can help support the normal functioning of your immune system.

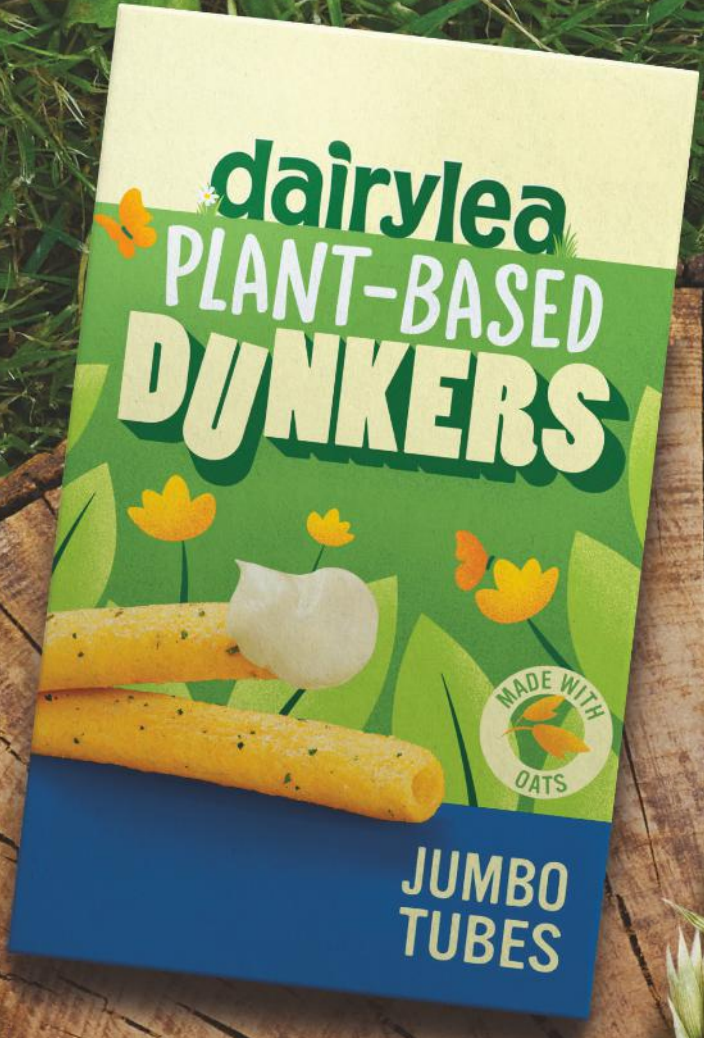
SCAN TO ADD TO YOUR BASKET

Clubcard price valid 14/01/2025-05/02/2025
Clubcard/app required. While stocks last.

Available at TESCO

New

try plant-based dairylea dunkers



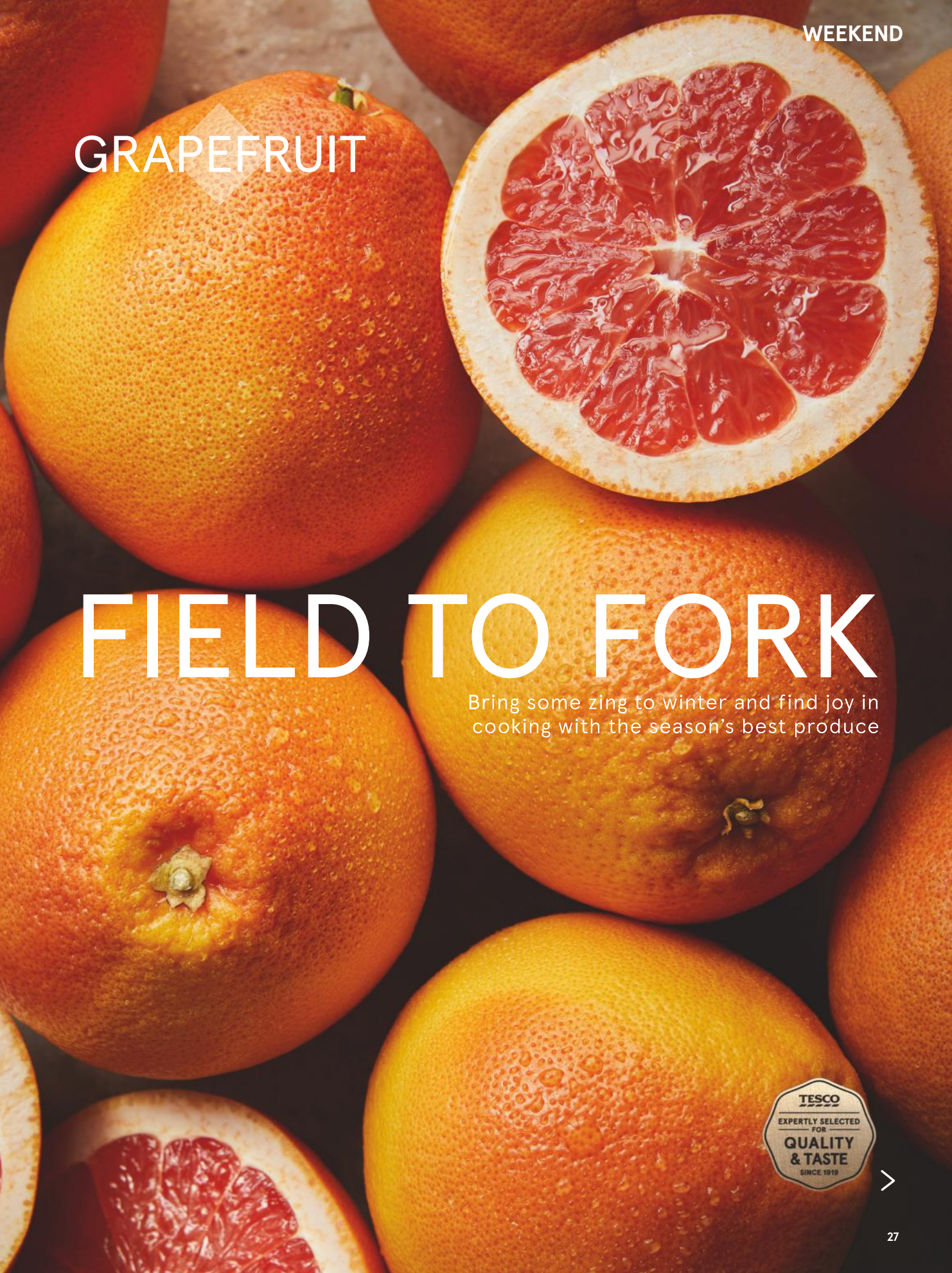
Available in selected larger stores.

Only at TESCO

GRAPEFRUIT

FIELD TO FORK

Bring some zing to winter and find joy in cooking with the season's best produce



For tarts, trifles and toast

PICK OF THE CROP

'Our sunny weather allows the sugars in red grapefruit to concentrate, giving it a delicious sweetness and an acidic edge milder than white grapefruit.'

Vincente Fontestad, commercial director at Fontestad, Fortuna, Spain

GRAPEFRUIT CURD

Makes 3 jars (62 x 1 tbsp) V GF
Takes 45 mins **Cost per serve** 7p

Put the zest of 3 **red grapefruits** and 1 **lemon** in a heatproof bowl, add 200g **caster sugar** and rub in with your fingers. Stir in 100g **cornflour**, then gradually whisk in the juice of 3 red grapefruits and 1 lemon. Set over a pan of simmering water, making sure the water doesn't touch the bowl. Beat 1 **egg** and 3 **egg yolks** with a pinch of **salt** in a separate bowl. Once the grapefruit mixture has warmed through, whisk in the eggs. Cook for 15–20 mins, whisking often, until thickened and the whisk leaves a trail in the curd. Remove from the heat and whisk in 100g diced **butter**, a cube at a time, until combined and glossy. Ladle into sterilised jars*, seal and set aside to cool. Store in the fridge – it'll keep for up to 1 month. Once opened, keep for a week.

Each 1tbsp serving contains

Energy	Fat	Saturates	Sugars	Salt
164kJ 39kcal	1.8g	1g	4g	0g
2%	3%	5%	4%	0%

of the reference intake. See page 7.
Carbohydrate 5g Protein <1g Fibre 0g

*To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15–20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry

GRAPEFRUIT GRANOLA

Makes 600g (12 x 50g servings) V DF
Takes 35 mins
Cost per serve 47p

COOK'S TIP For brûléed grapefruit, halve a red grapefruit and trim a little from the bottom. Leave cut-side down on kitchen paper for 5-10 mins to dry; remove seeds. Sprinkle each half with 1 tbsp caster sugar, then grill for 5-10 mins on a foil-lined tray until golden and caramelised.

2 red grapefruits, zested and juiced (about 300ml juice)
50ml clear honey or maple syrup, plus extra (optional)
1 tsp vanilla extract
300g Tesco Finest porridge oats
100g flaked almonds
50g shelled pistachios, roughly chopped
100g 4-seed mix
Greek-style yogurt (optional)
brûléed grapefruit (optional, see tip, left)

1 Preheat the oven to gas 4, 180°C, fan 160°C and line 2 baking trays with nonstick baking paper. Put the grapefruit juice in a saucepan; bring to the boil. Bubble for 5 mins or until reduced by half. Stir in the honey and vanilla, then add the grapefruit zest, oats, nuts, seeds and a pinch of salt; stir to coat.
2 Spread the mixture across the trays and bake for 25-30 mins, stirring every 10 mins, until toasted. Leave to cool. Serve with yogurt, a drizzle of honey and brûléed grapefruit, if you like.

Each 50g serving contains

Energy	Fat	Saturates	Sugars	Salt
1042kJ 249kcal	12g	1g	8g	0.1g
12%	18%	7%	9%	1%

of the reference intake. See page 7.
Carbohydrate 24g Protein 8g Fibre 5g

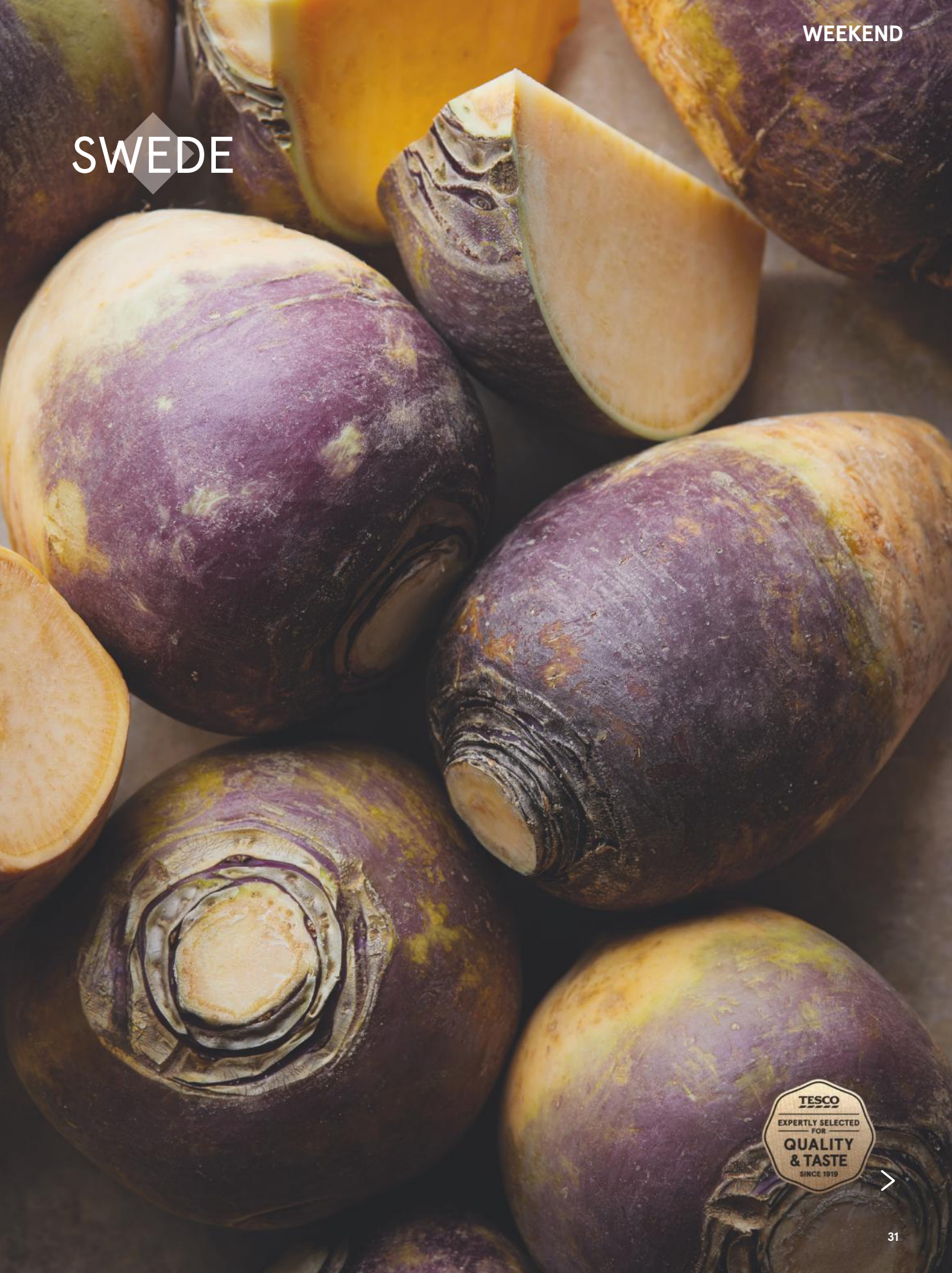
NEW RECIPE

oooooh VITAMINS

GET THE GOOOOD GOING

Available at TESCO

SWEDE



BUFFALO SWEDE TACOS

Serves 4 V ❄ freeze buffalo swede only
Takes 50 mins
Cost per serve £1.70

1 small red onion, sliced
2 tbsp red wine vinegar
1 tbsp smoked paprika
1½ tsp ground cumin
1 tbsp cornflour
1 tbsp rapeseed oil
800g swede, peeled and cut into wedges
70ml buffalo hot sauce
1 tbsp maple syrup
1 lime, ½ juiced, rest cut into wedges
2-pack ripe and ready avocados, sliced
8-pack mini white tortilla wraps, heated to pack instructions
75g vegetarian blue Stilton, crumbled
15g fresh coriander, leaves picked

1 Put the onion and vinegar in a bowl with a pinch of salt. Massage together with your hands, then set aside to pickle. Preheat the oven to gas 7, 220°C, fan 200°C and line a baking tray with baking paper.
2 Mix the paprika, cumin and cornflour in a bowl. Stir in the oil, then add the swede; toss to coat. Transfer to the tray and roast for 30 mins, turning halfway.
3 Stir together the buffalo sauce and maple syrup in a bowl. Brush over the swede, drizzling over any left in the bowl, then roast for 10 mins or until sticky and tender.
4 Squeeze the lime juice over the avocado, then divide the buffalo swede and avocado between the wraps and crumble over the cheese. Top with the pickled red onion and coriander. Serve with the lime wedges.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2218kJ 509kcal	27g	9g	16g	1.9g
25%	38%	46%	17%	32%

of the reference intake. See page 7.
Carbohydrate 49g Protein 13g Fibre 11g

RECIPES **BRYONY BOWIE** PHOTOGRAPHY **MAJA SMEND** FOOD STYLING **LUCY O'REILLY** PROP STYLING **MORAG FARQUHAR**

Liven up midweek mash

PICK OF THE CROP

'Our swedes are grown in full sun with plenty of moisture, which helps them develop a sweet, nutty, buttery flavour. I like swede grated and raw, with olive oil, garlic and black pepper.'

Ricky Crichton, grower, ESG Drysdale, Berwickshire

SWEDE & POTATO MASH

Serves 4 V GF
Takes 25 mins
Cost per serve 33p

COOK'S TIP Pull the thyme sprigs backwards through the tines of a fork or your finger and thumb to strip the leaves more easily.

Peel 500g **swede** and 300g floury **potatoes** and chop into 3cm chunks. Put in a saucepan with a pinch of salt; cover with cold water and bring to the boil. Reduce the heat and simmer for 20 mins or until tender. Drain and leave to steam-dry for 5 mins. Meanwhile, melt 40g **salted butter**. Pick the leaves from 7g fresh **thyme sprigs** and stir into the melted butter. Return the swede and potato to the pan over a low heat, add 50ml **milk**, then mash until smooth. Season with black pepper, stir in two-thirds of the thyme butter, then drizzle over the rest to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
745kJ 179kcal	9g	5g	7g	0.4g
9%	13%	27%	8%	6%

of the reference intake. See page 7.
Carbohydrate 19g Protein 3g Fibre 5g
1 of your 5-a-day; source of vitamin C

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The Caribbean isn't just a destination—it's a mindset. And the Sandals Resorts experience isn't just a holiday—it's a promise. From the texture of salt on your skin, to the touch of a warm breeze on a sandy beach. It's the beat of your favourite song playing in the distance. And enjoying your latest book whilst lazing in the shade, cocktail in hand of course. It's about indulging in the things you enjoy and discovering something new, all with the people you love.
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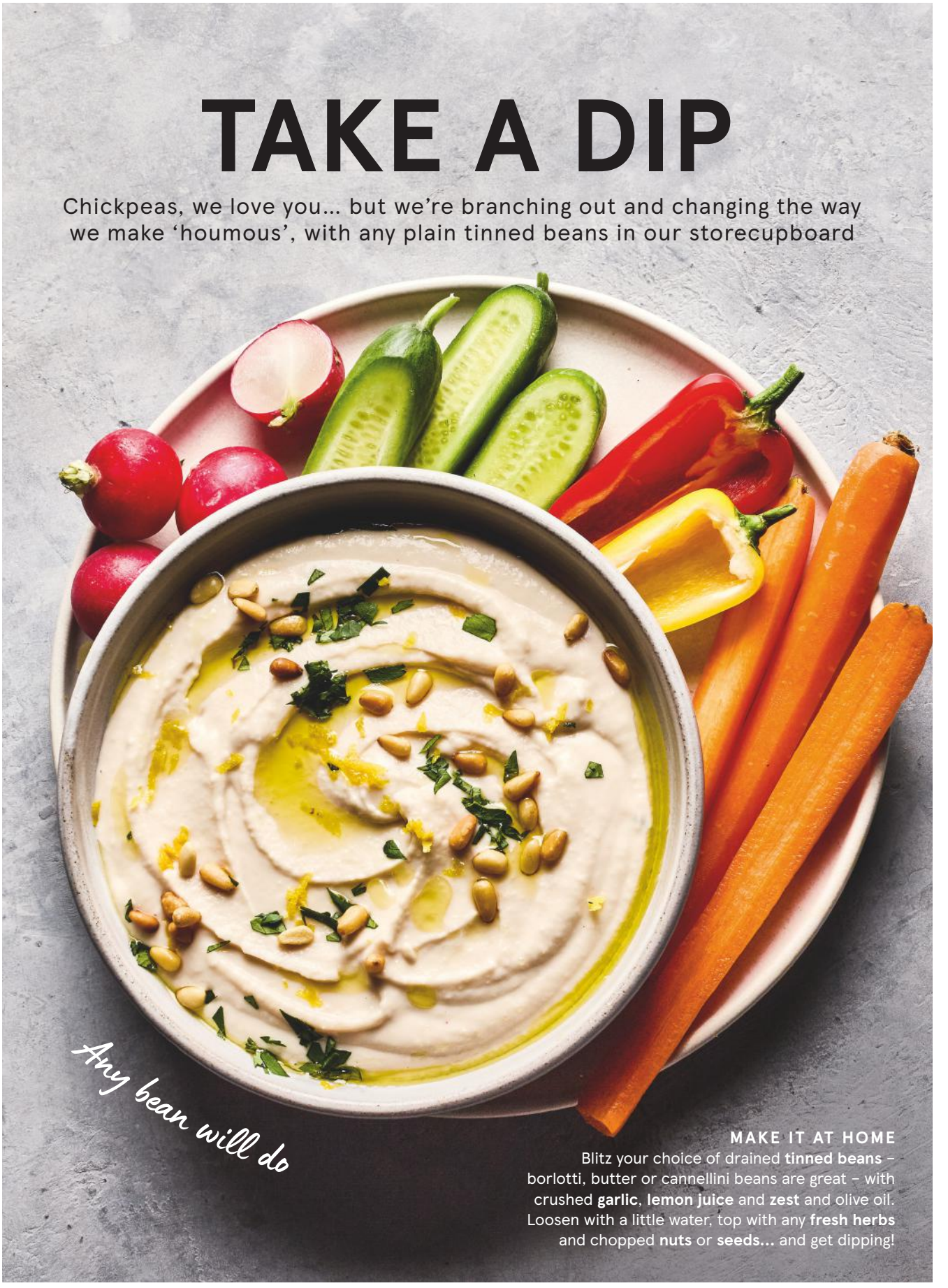
TAKE A DIP

Chickpeas, we love you... but we're branching out and changing the way we make 'houmous', with any plain tinned beans in our storecupboard



Any bean will do

MAKE IT AT HOME

Blitz your choice of drained **tinned beans** – borlotti, butter or cannellini beans are great – with crushed **garlic**, **lemon juice** and **zest** and olive oil. Loosen with a little water, top with any **fresh herbs** and chopped **nuts** or **seeds...** and get dipping!

WORDS **LINZI PUCINO** PHOTOGRAPHY **MOWIE KAY** FOOD STYLING **TROY WILLIS** PROP STYLING **JENNY IGGLEDEN**

31 DAYS TO EATING BETTER

Forget hard-to-keep resolutions. Make January the month you build healthier eating habits with these expert tips and tweaks from Tesco Better Baskets

Whatever your health goal, we've got you

Enjoying a healthy diet doesn't have to be hard or costly – although the noise at this time of year can make it easy to forget that. We've teamed up with experts to bring you three simple steps to try during January that are easy to incorporate into most diets and can help you make positive changes for the long term. Hello to a happier, healthier you!

MEET YOUR EXPERTS

Rhiannon Lambert, registered nutritionist and author*

'Nutrition trends come and go, and they can also be misleading. Be a detective – if it looks too good to be true, it probably is'

Laura Farrell, Tesco nutritionist

'A simple soup can be a powerhouse. I clear out my veg drawer by roasting and whizzing it up. Top with some seeds and feta'

For everyday dinners

1 START WITH A PERSONAL MISSION

Maybe it's lowering cholesterol or eating more iron. Find real advice that works for you.

DIG DEEPER That life-changing claim on social media may not be rooted in evidence. 'When looking at what an "expert" is trying to claim, make sure it's backed by science,' warns Rhiannon. 'You can search their name on the Association for Nutrition or the British Dietetics Association website to make sure they have credentials.'

ASK FOR ADVICE Your algorithm may know your interests, but it doesn't know your body! 'We all have different needs based on our lifestyles, life stages and dietary preferences,' Laura says. 'But one study found 87% of Gen Z and Millennials on TikTok use it for health and nutrition advice**.' Instead, consult your GP or a registered dietitian for personalised advice.

FINDERS KEEPERS Whatever your requirements or goals, take the quiz at tes.co/bighealthyrecipefinder to find personalised recipes bursting with goodness.

*Rhiannon's books include *The Science of Plant-Based Nutrition*. **Source: business.dcu.ie/dcu-and-myfitnesspal-study-on-social-media-health-and-wellness-trends-highlights-urgent-need-for-digital-health-literacy

2 KEEP IT EASY

Achievable changes that you can make every day will soon become habits that you don't have to think about.

MASTER THE MEAL PLAN Healthy eating doesn't mean ditching your meal plan. 'Set a goal to try one new recipe each week to help promote variety for your gut,' suggests Rhiannon. Try simple swaps in your favourite dishes, such as using spices rather than salt or steaming instead of frying.

MORE IS MORE Often diets focus on avoiding certain foods, but the key is to add. 'Adding plants to your plate means you get food you enjoy but with more health benefits,' says Laura. Top soup with seeds, add sundried tomatoes to pizza or stir spinach into curry and pasta.

GO WITH THE SLOW It's not just what you eat, but how. 'Eating in front of a screen means we lose track of what and how much we're eating,' notes Rhiannon. Sit at the table or away from screens, focus on your food and put your fork down after each bite. This can support digestion and prevent overeating.

5 PORTIONS

of fruit and veg a day increases your fibre intake and helps reduce cholesterol***

BETTER SWAPS

SWEET POTATO

WHY? 'These are rich in beta-carotene, which the body then converts into vitamin A to aid vision and immune function, along with skin health,' says Rhiannon.
TRY in mash, pies or as chips. Or, use in baking.

WHOLEWHEAT FUSILLI

WHY? 'It has more fibre and protein than white pasta,' says Rhiannon, 'which aids digestion and improves blood glucose levels.'
TRY with a veg-packed sauce.

MIXED NUTS

WHY? 'They're a source of fibre and also a plant-based protein,' says Laura.
TRY with cereal, porridge or yogurt at breakfast. Or, snack on a handful instead of crisps.

***Source: bhf.org.uk

Better Baskets

3 MAKE IT AFFORDABLE

They say health is wealth, but that doesn't mean it has to be pricey. In fact, some of the best ways to boost your health come with little or no price tag.

DRINK MORE WATER!

'We often overlook hydration but it's essential for almost every function in the body,' says Rhiannon. Keep a bottle in sight and carry on sipping.

TINNED PROTEIN CAN BE CHEAPER

'Try oily fish like salmon, sardines or mackerel in spring water,' says Rhiannon. Use tinned chickpeas, beans and lentils in curries and stews.

SHOP IN SEASON

If fresh fruit and veg feel costly, look for seasonal produce: it can often be more affordable and will help you switch up your meals. Tinned and frozen fruit and veg count for your 5-a-day.

Give it a go

BREAKFAST Start well with fruit

PEAR & RASPBERRY BAKED OATS

Serves 4 V
Takes 35 mins
Cost per serve 46p

GET AHEAD Bake the night before and reheat in the microwave. Or, measure the ingredients out (leaving the berries in the freezer) to mix and bake the next day.

125g rolled porridge oats
1 tsp baking powder
125ml milk
1 conference pear, grated
2 eggs, lightly beaten
100g frozen raspberries
1 tbsp clear honey, plus extra (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Mix the oats with the baking powder and pour over the milk. Stir in the grated pear, eggs, raspberries and honey, then spoon into ramekins or ovenproof dishes.
2 Bake for 25-30 mins until golden and springy to the touch. Drizzle with a little honey to serve, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
912kJ 217kcal	6g	2g	12g	0.5g
11%	8%	8%	13%	7%

of the reference intake. See page 7. Carbohydrate 30g Protein 9g Fibre 5g Source of protein, which supports the maintenance of normal bones

Pears are 1 of your 5-a-day

WE USED
Grower's Harvest Porridge Oats 1kg, 90p

Beans are a source of protein

WE USED
Haricot Beans in Water 400g*, 49p (12p/100g)

LUNCH Batch-cook a healthy lunch

QUICK BEAN CHILLI PITTAS

Serves 8 V DF
Takes 35 mins
Cost per serve 55p

GET AHEAD Make a double batch and freeze for a speedy midweek meal. Otherwise, the cooled chilli will last for 3 days in an airtight container in the fridge.

1 tsp rapeseed oil
80g frozen diced onion or 1 small onion, diced
1 tsp ground cumin
1 tsp ground coriander
1 tsp chilli powder
2 x 400g tins haricot beans
2 x 400g tins red kidney beans
400g tin chopped tomatoes
250g sliced mixed frozen peppers
8 wholemeal pittas, toasted
90g pack babyleaf salad
0% fat Greek-style yogurt and fresh coriander (optional)

1 Heat the oil in a saucepan over a medium heat and cook the onion for 5 mins. Stir in the spices, cook for 1 min, then season. Tip in the beans and juices and tomatoes. Bring to a simmer, then cook over a medium heat for 10 mins.
2 Stir in the peppers and cook for 10 mins until thickened slightly. Spoon into the pittas with salad, yogurt and fresh coriander, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1222kJ 291kcal	3g	<1g	6g	0.5g
15%	4%	2%	7%	8%

of the reference intake. See page 7.
Carbohydrate 44g Protein 15g Fibre 15g
2 of your 5-a-day

*Available in the majority of larger stores

SNACK Eat more fibre

HOMEMADE TRAIL MIX

Serves 8 DF
Takes 15 mins **Cost per serve** 56p

Chop a 200g pack **unsalted fruit & nut mix**, then mix with 250g **malt wheats** and 75g **salted popcorn**. Mix 3 tbsp **Worcestershire sauce** with ½ tsp **garlic powder**, ½ tsp **onion powder**, 1 tsp **smoked paprika** and a pinch of **cayenne pepper**, if you like. Pour over the dry ingredients and stir well. Spray well with **light olive oil spray**, shake, then tip into an air-fryer (in 2 batches if needed) and bake at 180°C for 8-10 mins, shaking halfway. Or, bake in the oven on a baking tray at gas 6, 200°C, fan 180°C for 10 mins, shaking halfway. Leave to cool, then portion into jars or air-tight containers. It'll keep in a cool, dark place for up to 1 week.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1258kJ 300kcal	12g	1g	12g	0.5g
15%	17%	7%	13%	7%

of the reference intake. See page 7.
Carbohydrate 38g Protein 8g Fibre 5g
High in iron, which supports the normal functioning of the nervous system

Nuts are high in fibre

WE USED
Grower's Harvest Mixed Vegetables 1kg*, 99p

DINNER Eat well when time is short

SALMON, RICE & TOMATO TRAYBAKE

Serves 4 DF GF
Takes 35 mins
Cost per serve £3.45

COOK'S TIP Keep any leftovers in the fridge and reheat the next day.

2 x 400g tins chopped tomatoes
300g frozen mixed vegetables
1 tbsp smoked paprika
1 tbsp ground cumin
2 x 250g packs microwave wholegrain rice
1 vegetable stock pot, made up to 400ml
520g pack 4 boneless salmon fillets
1 lemon, thinly sliced
4 spring onions, trimmed and finely sliced

1 Preheat the oven to gas 4, 180°C, fan 160°C. Pour the tomatoes into a 20 x 28cm ovenproof dish, then stir in the mixed vegetables, spices, rice and stock. Bake for 15 mins.
2 Season the dish, stir, then nestle in the salmon and lay the lemon slices on top. Bake for 15 mins or until the salmon is cooked through. Spoon into bowls and scatter with the spring onions to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2134kJ 508kcal	15g	2g	13g	1.4g
25%	21%	10%	14%	23%

of the reference intake. See page 7.
Carbohydrate 54g Protein 35g Fibre 10g
High in protein, which supports the maintenance of muscle mass

BETTER freezer fillers

These frozen buys will make mealtimes easy.

Mediterranean Style Roasting Vegetables 700g* ❄, £3.85 (55p/100g) – an easy way to 5-a-day.

Mango Chunks 500g ❄, £2.65** (53p/100g) – smoothies in seconds, with 1 of your 5-a-day.

Plant Chef 4 Spicy Bean Burgers* ❄, £1.69 (42p each) – great for a fibre-filled takeaway night.

GIVE ME MORE!
Scan here for more Better Baskets recipes, on Tesco Real Food.

WORDS **JESS HERBERT** RECIPES **LINZI PUCINO** PHOTOGRAPHY **DANIELLE WOOD** FOOD STYLING **KATIE MARSHALL** PROP STYLING **JENNY IGGLEDEN**
*Available in the majority of larger stores **Available in all large stores

Check out Tesco Pharmacy first

Get NHS-led treatment for 7 common conditions

- Sore throat
- Earache
- UTI
- Sinusitis
- Impetigo
- Shingles
- Infected insect bites

Eligibility criteria apply. Subject to availability in selected stores in England only. All services are at the discretion of the pharmacist.

TESCO
Every little helps

Scan to book an appointment

GRAB A BITE

Better snacking options for when you're feeling peckish

1 FULL-ON FLAVOUR

At only 80 calories a bag, **Snack a Jacks Salt & Vinegar 5 x 19g, £2.20** (£2.32/100g), pack a punch when it comes to flavour. Popped, not fried, these rice and corn cakes are tasty and bitesized – plus they don't contain any artificial colours or preservatives.

2 BAKED, NEVER FRIED

Walkers Baked Crisps 6 x 22g, £2 (£1.52/100g), have 50% less fat*, making them a great alternative lunchbox filler or sofa snack. We love the classic Cheese & Onion flavour combo.

3 A POP OF SWEETNESS

Popworks 85g, £2 (£2.35/100g), has created a corn snack that's both sweet and savoury – perfect for when you can't decide! This lower-calorie treat is gluten-free and vegan too.

Each of these snacks are under 100kcal per portion. That's why they're part of Better Baskets at Tesco, helping you make better choices every time you shop.

Better Baskets

*50% less fat than regular potato crisps

WIN

A fitbit INSPIRE 3 SMARTWATCH

BUY A PARTICIPATING PACK**
TEXT HEALTH2, YOUR FULL NAME AND POSTCODE TO 60110 BY 11:59PM ON 28.01.25

Texts charged at your standard network rate. Please retain receipt.
Internet access required for receipt upload.

*Than regular potato crisps. **Participating packs: any Snack A Jacks, Sunbites, Walkers Baked Multipack or any Popworks Sharing Bag.
Opens 00:00 1/1/25. Closes 11:59pm 28/1/25. UK 18+ only. 250 winners randomly drawn each win a Fitbit Inspire 3 Smartwatch. Colour will be pre-selected by Supplier. 1 entry per person. Promotion appears cross-media across Snack A Jacks, Sunbites, Walkers Baked Multipacks and Popworks Sharing Bags, but there is only 1 prize pool. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at www.tesco.com/zones/tesco-competitions. Promoter: Tesco Stores Ltd. Supplier: Walkers Snacks Limited. Administrator: Prizeology Limited.

Available in the majority of larger stores.

Available at TESCO

GOOD MORNING RITUALS

It's the most important meal of the day, so make sure it works for you with these bespoke breakfast fixes

Breakfast fix... YOU FEEL HUNGRY AN HOUR AFTER EATING

Ditch the toast and tea for something more substantial. Prep the filling ahead and you'll be able to throw this together in 2 minutes! Eggs are a good source of protein, while avocado adds good fats and fibre to help you keep the hunger pangs at bay all morning.

SPEEDY OMELETTE WRAPS

Serves 2 V GF
Takes 10 mins
Cost per serve £1.14

GET AHEAD Prepare the shredded veg filling in advance and store in the fridge for up to 3 days.

- 180g red cabbage, finely sliced
- 2 carrots, peeled and grated
- 4 spring onions, finely sliced
- 1 lime, ½ juiced, the rest cut into wedges
- 4 eggs
- olive oil spray
- 30g 50% reduced-fat mature grated cheese, plus extra (optional)
- 15g fresh coriander, leaves picked
- 1 avocado, sliced (optional)
- hot sauce (optional, we used Cholula)

1 Put the cabbage, carrots, spring onions and lime juice in a bowl; season and toss to coat.
2 Crack 2 eggs into a bowl and whisk with a fork. Heat a nonstick frying pan over a high heat, add a spray of oil, then pour in the beaten egg, swirling it around the pan and up the sides to make a very thin omelette.
3 Sprinkle over half the cheese, add half the filling to one side of the omelette, then use a spatula to roll up the omelette into a log to encase the filling. Carefully transfer to a serving plate, then repeat with the remaining eggs, cheese and filling to make a second omelette. Serve with the coriander along with the extra cheese, avocado and a dash of hot sauce, if you like, and add the lime wedges to squeeze over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1120kJ 269kcal	14g	4g	11g	1.0g
13%	19%	22%	12%	16%

of the reference intake. See page 7.
Carbohydrate 12g Protein 21g Fibre 7g
2 of your 5-a-day; high in protein

New way with omelettes

Breakfast fix...

YOU WANT TO MAKE YOUR USUAL DISH MORE NUTRITIOUS

This super-charged breakfast topper is full of the good stuff that will help keep you feeling fuller for longer. It's perfect for sprinkling over porridge, granola, yogurt and fruit, or adding into a pancake batter.

MAGIC BREAKFAST TOPPER

Makes 33 tbsp (500g in total) V DF GF
Takes 5 mins **Cost per serve** 19p

Put a 100g pack **goji berries**, 100g **flaxseeds**, 100g **toasted 3-seed mix**, a 100g pack **blanched almonds** and a 100g pack **chia seeds** in a blender and blitz until finely milled. Store in a sterilised*, airtight container for up to 3 weeks.

Each serving (1 tbsp) contains

Energy	Fat	Saturates	Sugars	Salt
309kJ 75kcal	5g	1g	1g	<1g
4%	7%	3%	2%	1%

of the reference intake. See page 7.
Carbohydrate 3g Protein 3g Fibre 3g

Cheap & versatile topper

Serving suggestion. *To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15–20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry

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Available at TESCO

Breakfast fix...

YOU CRAVE SOMETHING SWEET FIRST THING

Make a batch of these pancakes to keep in the freezer. Serve alongside a medley of fruit, yogurt and a drizzle of honey for a satisfyingly sweet breakfast hit.

COTTAGE CHEESE & OAT PANCAKES

Serves 4 (makes 12)
V ❄ freeze cooked pancakes only
Takes 20 mins
Cost per serve 84p

250g cottage cheese
100g porridge oats
1 heaped tsp baking powder
2 large eggs
4 tsp rapeseed oil
4 tbsp Greek-style yogurt
4 tbsp honey or maple syrup (optional)
For the fruit salad
½ pineapple, chopped
1 passion fruit, pulp only
½ mango, chopped
1 banana, chopped

1 Preheat the oven to gas 4, 180°C, fan 160°C. Put the cottage cheese, oats, baking powder and eggs in a blender and whizz to a smooth batter.
2 Heat 1 tsp oil in a nonstick frying pan over a medium heat. Pour 1 tbsp dollops of batter into the pan and cook for 3 mins or until bubbles appear on the surface. Flip and cook for 2 mins more. Transfer to a lined baking tray and keep warm in the oven. Repeat to make 12 pancakes.
3 Meanwhile, mix all the ingredients for the fruit salad in a bowl. Serve alongside the pancakes with a spoonful of yogurt and a drizzle of honey or maple syrup, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1477kJ 352kcal	15g	5g	21g	0.8g
18%	21%	25%	24%	13%

of the reference intake. See page 7.
Carbohydrate 38g Protein 15g Fibre 5g
1 of your 5-a-day; source of protein

Breakfast fix...

YOU GET BORED EATING THE SAME THING EACH DAY

We hear you! Give cereal the heave-ho in favour of a sweet and savoury breakfast salad containing healthy ingredients like cucumber, avocado and seeds, along with moreish halloumi coated in a drizzle of honey.

BREAKFAST SALAD

Serves 4 V GF
Takes 20 mins
Cost per serve £1.10

- 1 cucumber, very finely sliced
- 4 eggs
- 1 tsp rapeseed oil
- 80g halloumi, diced
- 1 tbsp flaked almonds
- 1 tbsp clear honey
- 2 tbsp pomegranate seeds (optional)
- 1 tbsp white wine vinegar
- 1 avocado, chopped
- 1 Little Gem, shredded
- 1 tbsp toasted 3-seed mix
- 10g fresh dill, leaves picked
- wholegrain toast (optional)

1 Put the cucumber in a bowl with a pinch of salt; toss well, then set aside.
2 Meanwhile, boil the eggs for 6 mins in a pan of simmering water. Drain and submerge in cold water, then peel once cool enough to handle.
3 Heat the oil in a frying pan over a medium heat and fry the halloumi for 2 mins, stirring occasionally. Add the almonds and cook for 2 mins more until everything is golden. Add the honey and toss to coat for 1 min; remove from the heat and stir through the pomegranate seeds, if using.
4 Halve the peeled eggs and divide among plates. Drain the cucumber, toss with the vinegar and add to the plates. Add the halloumi mixture, avocado and lettuce and finish with a little pile of mixed seeds and a scattering of dill. Serve with wholegrain toast, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1165kJ 281kcal	21g	7g	6g	0.9g
14%	30%	35%	6%	15%

of the reference intake. See page 7.
Carbohydrate 7g Protein 15g Fibre 3g

RECIPES **MADDIE RIX** PHOTOGRAPHY **KRIS KIRKHAM** FOOD STYLING **EMMA JANE FROST** PROP STYLING **LUIS PERAL**

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How to...

COOK REALLY TASTY TOFU

Trust us, this is your new secret ingredient. Here's how to turn the inconspicuous block into a flavour powerhouse that'll shake up your meals for good

Think you don't like tofu? Those who love it will say you just haven't had it prepared the right way yet. So if you're new to this versatile ingredient, then you're in for a treat. It's a stir-fry classic, but did you know it can stand in for scrambled eggs? It also makes a silky-smooth pasta sauce or even a chocolate mousse. With our handy guide, you'll be cooking up a storm in no time.

NEED TO KNOW

Plant-based tofu is naturally high in protein and is made by pressing a mixture of soy bean curd and water. The longer it's pressed, the firmer the result; the most common variety is firm tofu. While this beige block might not look like much, it's full of potential! Its very mild flavour can get a bad rap for being 'tasteless', but tofu is a flavour sponge, soaking up anything you add. Smoked tofu adds bags of flavour straight away, while silken tofu has a higher water content so it's very delicate: it's often added to soups, or blitzed smooth for desserts or sauces.

WHY DO YOU NEED TO PRESS TOFU?

Pressing firm tofu removes more of the water, meaning it's less likely to break up during cooking – and gives it more capacity for absorbing other flavours. If you eat a lot of tofu, consider investing in a tofu press. Otherwise, a heavy pan placed on top for at least 30 minutes will do the trick. If you're really organised you can also freeze then defrost tofu, which gives a similar effect. As a rule, if you're frying or baking firm tofu then you should press it, but if you're planning to crumble it (see Add it to everyday meals, opposite) then there's no need.

MAKE IT EXTRA DELICIOUS

For the crispiest tofu, toss in cornflour before frying in an oil with a high smoke point (such as rapeseed or vegetable oil). The cornflour absorbs any extra moisture, giving a crispy, crunchy, golden result.

You can marinate tofu, but the easiest way to inject flavour is with a glaze – pour the sauce over straight after frying and the tofu will soak it up.

TESCO
Plant Chef

Tesco Plant Chef Organic Smoked Tofu 399g (300g drained weight)*, £2.50
(83p/100g drained weight)

WORDS AND RECIPE **BRYONY BOWIE** PHOTOGRAPHY **ELLA MILLER**
FOOD STYLING **CHARLOTTE WHATCOTT** PROP STYLING **MAX ROBINSON**
*Available in selected larger stores

ADD IT TO EVERYDAY MEALS...

CRUMBLE into rough pieces, then fry with your favourite spices for an alternative to scrambled eggs.

FRY until crisp to use in curries, wraps, ramen or stir-fries – try Jeremy Pang's Tofu lo mein on p81.

PULSE into small pieces in a food processor, then use in place of mince in a chilli or Bolognese sauce.

BLITZ until smooth to make a creamy sauce for pasta or pies, or for desserts like a vegan chocolate mousse (see p10).

BAKE for a less crisp but more chewy finish; this works particularly well for marinated tofu.

Find more ideas and recipes at tes.co/tofu

SMOKY TOFU BÁNH MÌ

Serves 2 V DF
Takes 20 mins plus pressing and pickling
Cost per serve £2.50

GET AHEAD The tofu can be pressed and the veg pickled up to 24 hrs ahead; chill overnight.

399g pack Plant Chef organic smoked tofu
¼ cucumber, sliced
1 large carrot, scrubbed and julienned
50ml rice vinegar
pinch caster sugar
1½ tbsp rapeseed oil
1 tbsp reduced-salt soy sauce
1 tsp maple syrup
1 white baton
1 tbsp vegan mayo
15g fresh herbs, leaves picked (we used mint and coriander)
sriracha, to serve
1 tbsp crispy onions

1 Drain the tofu, squeezing out as much liquid as possible. Wrap in kitchen paper, put on a plate and put a heavy pan on top to press. Mix together the cucumber, carrot, rice vinegar and a pinch each of salt and sugar; leave to pickle for at least 20 mins.
2 Uncover the pressed tofu and cut widthways into 8 thin slices. Heat the oil in a frying pan over a medium heat. Fry the tofu slices for 6-8 mins, turning halfway, until golden. Remove from the heat, then add the soy sauce and maple syrup, tossing the tofu to coat.
3 Halve the baton, then slice it open, being careful not to cut all the way through. Spread the bottom halves with mayo, then layer in the tofu, pickled veg and herbs. Drizzle with sriracha and scatter with the crispy onions.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2755kJ 657kcal	28g	4g	14g	2g
33%	40%	20%	16%	35%

of the reference intake. See page 7.
Carbohydrate 68g Protein 30g Fibre 7g

Available in the majority of larger stores

Available at TESCO

What the health?

Events to note, trends to try and the lowdown on what's new in the world of wellbeing

1 IN 5

people in the UK isn't getting enough sleep*.

A good night's sleep can be linked to reducing stress levels, keeping hearts healthy and improving the immune system. Three easy ways to improve your sleep can include reducing your sugar and alcohol intake and taking regular exercise, such as walking.

BEAT THE COLD

Did you know garlic contains compounds that can help your immune system fight off germs**? Try adding five cloves to chicken broth with potato, herbs and onion – a traditional Czech garlic soup recipe – to up your intake. Turn to p91 for more soup tips and a recipe.

DIARY DATE

January is Love Your Liver Awareness Month. Reducing your alcohol intake is a great way to support your liver health***. Check out our alcohol-free drinks ideas on p58.

WHAT IS... RUCKING?

Getting fit doesn't always have to be complicated. This viral fitness hack takes low-impact cardio to the next level. Simply add weights to your backpack, in the form of dumbbells, plates or even books, and set off for a walk. Alternatively, try wearing a weighted vest.

TREND ON TRIAL: MOISTURE SANDWICHING

With the harsh weather taking a toll on skin, we're all for this latest trend in skincare. The technique involves leaving your face slightly damp after cleansing or applying a fine facial mist. Follow up with your serum before locking it in with a moisturiser to keep your skin hydrated for longer.

WORDS **GEORGINA CROTHERS**. PHOTOGRAPHY **GETTY IMAGES**

*Source: mentalhealth-uk.org **Source: ncbi.nlm.nih.gov/pmc/articles/PMC4417560 ***Source: britishlivertrust.org.uk

Celebrate our IRRESISTIBLY TASTY recipe

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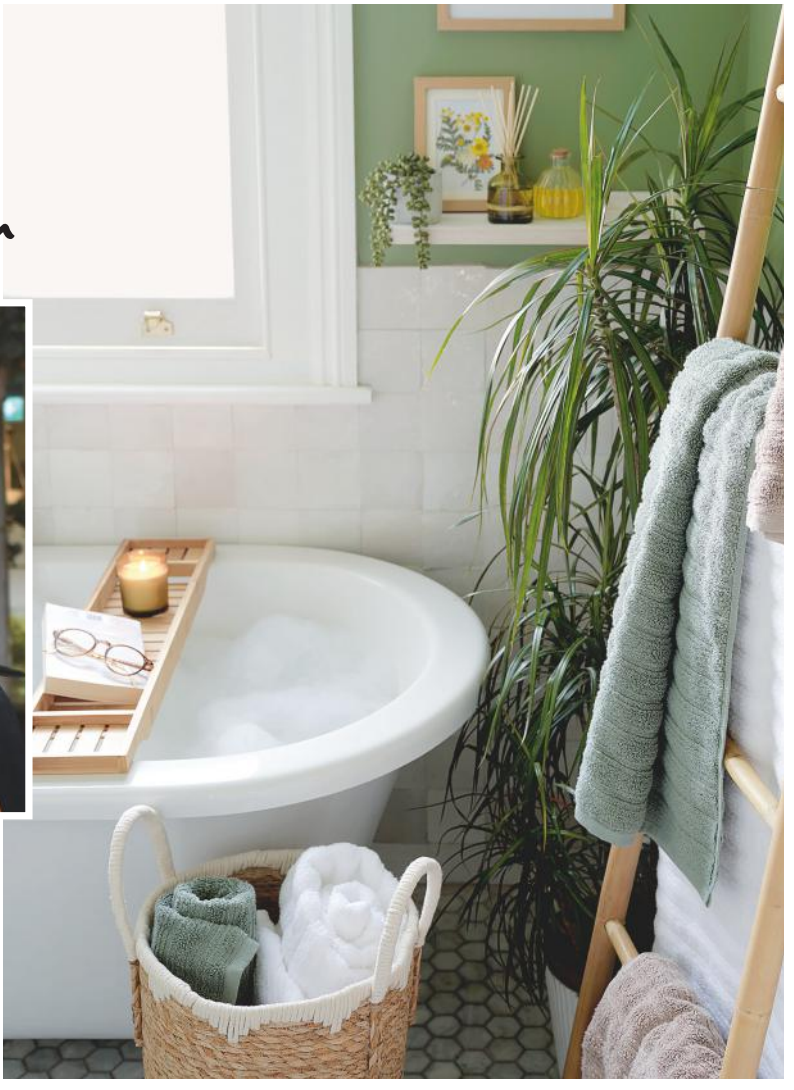
My health kicks

Shivi Ramoutar



TV chef and cookbook author Shivi Ramoutar talks healthy family mealtimes and eating in the bath

Health is about balance and listening to your body. Don't take the pleasure away from food. For me diversity is important, so I try to cook different meals for the family.

Enjoying meals as a family is key to getting the kids to eat more healthily. The other weekend, we had pasta with a big plate of figs, rocket, chicory and balsamic. Because we were eating it, they wanted to try it. And involving them in preparing food means they're more interested too.

Right now we're in the season for one-pot comfort, but I'll vary it across the week – Moroccan or Mexican, for example – so I can squeeze many different vegetables and spices in. I think people don't realise that ingredients like spices, oil, lemons – they all count when it comes to diversifying our diets.

I have chilli on everything. It makes all the cells in my body jiggle – that warmth makes me feel so good. And that can be Caribbean pepper sauce, chilli oil... anything.

Elevenses is my most important meal of the day. Yesterday I had a banana, peanut butter and cinnamon toastie with a pinch of salt and chilli flakes. It's so good!

This freaks people out but I sometimes eat dinner in the bath. It's very rare I get to have a bath so, when I do, it's a three-hour affair! It's one of the ways I relax.

Tap dancing helps me release stress. So does playing the piano, writing songs and singing. I put on music for the kids too and it's great as an emotional outlet. I was raised in the Caribbean and mental health wasn't something we were aware of or had time for. We had to be seen to be strong. Now I'm more aware of counteracting stress.

Bed is my happy place. On Sundays, all five of us squish in – the boys have hot chocolate, I have tea and my little girl will have fruit. We'll stay there for as long as possible. *Follow Shivi at @ShiviRamoutar.*

'Elevenses is my most important meal of the day. I'll have a peanut butter, banana and cinnamon toastie with a pinch of salt and chilli flakes. It's so good!'

INTERVIEW **LAUREN ROSE-SMITH**

SOFT SERVES

If your New Year reset includes taking a break from alcohol, we have the latest soft-serve drinks and low and no trends to see you through

Blood Orange & Cardamom Shrub

SHRUB IT OFF

Ever considered a vinegar-based drink? You'll have to trust us on this one and give our shrub recipe (opposite) a go. A shrub is a fermented non-alcoholic syrup made with vinegar, fruit and sugar. Add a dash to sparkling water for an on-trend refresher.

CULTURE CLUB

Another fermented drink enjoyed for its gut-friendly properties is kombucha. Made from tea, sugar and a bacterial culture called SCOBY (although not all kombucha that's sold will have the live bacteria), it makes a tasty alternative to your regular fizzy drink. Look out for low-sugar options.

CANS WITH BENEFITS

No longer quite so taboo is the latest trend for swapping your glass of wine for a CBD-infused drink. These sparkling drinks are infused with the non-psychoactive part of the hemp plant and are legal in the UK. It takes around 20 mins to feel the relaxing effects of a drink, but everyone's different.

JUST THE TONIC

A perfect partner for your (low-alcohol) gin, but you might also have seen tonic water making an appearance in some more surprising drink combos. We love it mixed with espresso, or straight up with a dash of bitters if you're looking for a grown-up sundowner. Taking it too far? Try it mixed with lime cordial and grapefruit juice for a moreish drink that's not too sweet. Find a recipe for espresso tonic at tes.co/espresso-tonic.

BLOOD ORANGE & CARDAMOM SHRUB

Makes 450ml (15 servings)

V DF GF

Takes 35 mins plus cooling

Cost per serve 14p

Put the zest from 4 **blood oranges**, 100g **granulated sugar**, 15 lightly crushed **cardamom pods** and 250ml water in a saucepan. Bring to the boil, then reduce to a simmer for 20 mins or until thickened. Remove from the heat and stir in the juice from the 4 blood oranges (you'll need 300ml) and 3 tbsp **white wine vinegar**; set aside to cool completely. Strain through a sieve into a sterilised bottle**, discarding the flavourings, or for extra flavour, chill overnight before straining. The shrub will keep in the fridge for up to 1 month. Add 2 tbsp shrub to a glass with ice and top up with still or sparkling water. Add a blood orange slice, if you like.

Each serving (30ml) contains

Energy	Fat	Saturates	Sugars	Salt
156kJ 37kcal	0g	0g	8g	0g
2%	0%	0%	9%	0%

of the reference intake. See page 7.
Carbohydrate 9g Protein 0g Fibre 0g

RECIPE **NANCY ANNE HARBORD** PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **KATY GREENWOOD** PROP STYLING **JENNY IGGLEDEN** *Source: Alcohol Change UK. **To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15–20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry

SWAP SHOP

You won't miss the booze with these low and no alternative drinks

SWITCH FROM YOUR USUAL RED **Alcohol-free Malbec, £3.25 (ABV <0.5%)** Velvety and packed with rich, dark fruits, this de-alcoholised wine delivers complex flavours.

SIP SOMETHING MORE SPECIAL THAN SQUASH **Tesco Finest Lightly Sparkling Strawberry & Raspberry Pressé 750ml, £2.50** (£3.33/ltr) Wake up your tastebuds with this refreshing sparkling softie with summer fruit flavours.

FIND A NEW FRIDAY-NIGHT FIZZ **Low Alcohol G&T 4 x 250ml, £3** (30p/100ml) **(ABV <0.5%)** Classic botanicals, such as citrus peel and juniper berries, mixed with reduced-calorie Indian tonic water.

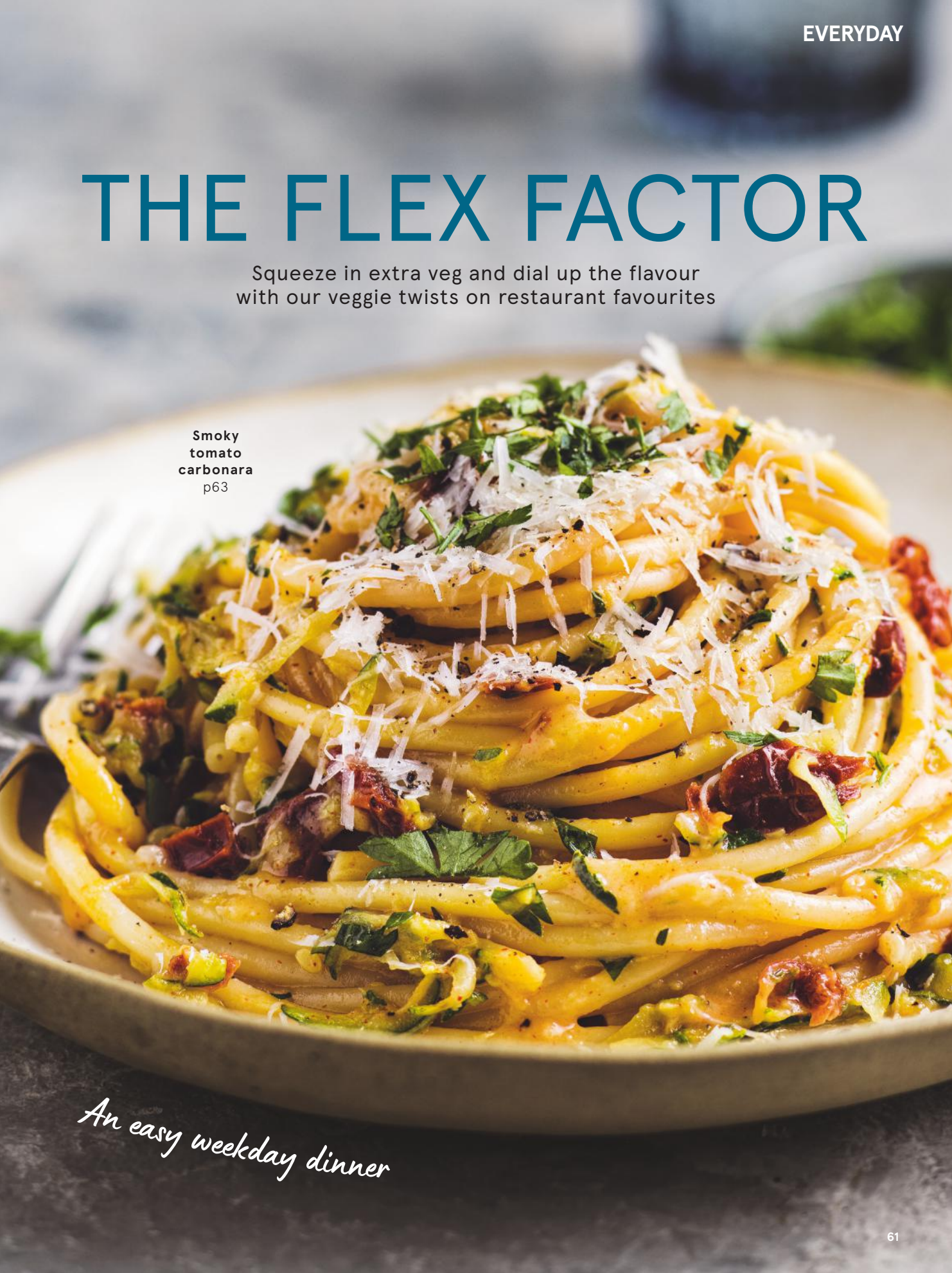
GIVE ME MORE!
Scan for more alcohol-free drinks recipes, on Tesco Real Food

Available in selected stores

Available at TESCO

THE FLEX FACTOR

Squeeze in extra veg and dial up the flavour with our veggie twists on restaurant favourites



Smoky tomato carbonara
p63

An easy weekday dinner

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SMOKY TOMATO CARBONARA

Serves 4 V
Takes 15 mins
Cost per serve £1.59

300g spaghetti
3 egg yolks
120g pecorino, finely grated, plus extra (optional)
2 tsp olive oil
1 courgette, coarsely grated
½ tsp smoked paprika
4 garlic cloves, finely chopped
2 fresh thyme sprigs, leaves picked and finely chopped
50g slow roasted tomatoes, drained and chopped
1 lemon, zested
15g fresh flat-leaf parsley, chopped

1 Cook the spaghetti to pack instructions. Drain, reserving a mug of cooking water.
2 Meanwhile, make the sauce. Mix the egg yolks and pecorino in a bowl and whisk in 6 tbsp cold water to combine.
3 Heat the oil in a frying pan over a medium heat and fry the courgette for 3-4 mins until softened. Stir in the paprika, garlic and thyme, cook for another 2-3 mins, then fold through the roasted tomatoes.
4 Stir the pasta into the courgette mix along with half a mug of pasta water. Add the egg mixture, stirring well to combine, then season and stir in the lemon zest and half the parsley. Add a little more pasta water to the sauce and stir well: it should be silky and clinging to the pasta. Divide among bowls and top with extra pecorino, if you like, and parsley to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2231kJ 531kcal	20g	8g	4g	1.8g
27%	29%	40%	5%	30%

of the reference intake. See page 7.
Carbohydrate 62g Protein 23g Fibre 5g

PIRI-PIRI HALLOUMI PITTAS

Serves 6 V
Takes 55 mins
Cost per serve £1.68

TIME-SAVER Soaking the potato wedges before roasting makes them fluffy in the centre and crispy on the outside but you can skip this if you're short on time.

1kg floury potatoes, scrubbed and cut into wedges
3 tsp paprika & onion classic chip seasoning
4 tbsp vegetable oil
1 red pepper, sliced
6 sweetcorn cobettes
300g frozen peas
10g butter
225g pack halloumi, sliced into 2cm strips
2 tbsp medium piri-piri sauce (or mild if you prefer it less spicy)
20g chipotle paste (use 10g if you prefer it less spicy)
40g grated pecorino
6 wholemeal pittas, toasted
60g pack rocket

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the wedges into a bowl of warm water for 10 mins. Drain and pat dry. Transfer to 1-2 lined baking trays, then scatter over the seasoning, drizzle over the oil and mix well. Spread out and add the red pepper slices to one side of the tray; season well. Bake for 35-40 mins, turning halfway.
2 Meanwhile, boil the corn cobettes for 8 mins; drain and leave in the pan with the lid on to keep warm. Boil the peas for 5 mins, drain and return to the pan with the butter; season. Smash with a fork, then cover and set aside in the pan to keep warm.
3 Heat a griddle or frying pan over a medium heat and dry-fry the halloumi for 3-4 mins each side until golden and crispy. Transfer to a bowl and toss with the piri-piri sauce to coat.
4 Spread the chipotle paste over the corn cobs, turning to coat. Scatter with the grated pecorino, then divide among plates. Open the toasted pittas and stuff with the rocket, roasted peppers and piri-piri halloumi. Serve with the smashed peas, corn and potato wedges.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2304kJ 549kcal	19g	8g	10g	2.3g
27%	26%	42%	11%	39%

of the reference intake. See page 7.
Carbohydrate 65g Protein 23g Fibre 13g

Piri-piri halloumi pittas p63
Liven up frozen peas

Gochujang loaded sweet potato fries
p67

Veggie yaki udon

VEGGIE YAKI UDON

Serves 4 V DF
Takes 35 mins
Cost per serve £1.75

2 tbsp cornflour
2 tbsp reduced-salt dark soy sauce
1 tbsp mirin, rice vinegar or lime juice
1 tbsp clear honey
½ tbsp sriracha, plus extra to serve (optional)
2 tbsp vegetable oil
150g chestnut or shiitake mushrooms, quartered
1 tbsp sesame oil
4 garlic cloves, thinly sliced
570g pack large vegetable stir-fry
2 x 300g packs straight-to-wok udon noodles
1 leek, thinly sliced
1 tbsp sesame seeds, toasted
2 spring onions, trimmed and thinly sliced

For the pickled ginger

20g ginger, peeled and finely sliced
¼ tsp fine salt
10g caster sugar
60ml rice wine vinegar

1 Make the pickled ginger. Pack the ginger into a bowl; sprinkle over the salt. Stir together the sugar and rice vinegar, pour over the ginger and set aside.
2 Meanwhile, put the cornflour in a bowl and gradually whisk in the soy sauce. Whisk in the mirin, honey and sriracha, then set aside.
3 Heat the vegetable oil in a wok or frying pan over a high heat and fry the mushrooms for 3-4 mins, stirring often, until golden. Transfer to a bowl and set aside. Add the sesame oil, garlic and stir-fry vegetable mix to the wok and cook for 2-3 mins until softened.
4 Cook the noodles to pack instructions. Add the leek to the wok; stir-fry for 1-2 mins until softened. Add the cooked noodles, mushrooms and sauce and mix well to coat. Cook for a further 1-2 mins until the sauce is reduced and sticky, and coating the noodles and all of the vegetables. Divide among bowls and scatter with the sesame seeds, spring onions and pickled ginger. Drizzle with extra sriracha, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2155kJ 514kcal	17g	2g	17g	1.7g
26%	25%	9%	18%	28%

of the reference intake. See page 7.
Carbohydrate 75g Protein 10g Fibre 8g
2 of your 5-a-day; low in saturated fat

GOCHUJANG LOADED SWEET POTATO FRIES

Serves 4 V
Takes 30 mins
Cost per serve £1.43

USE IT UP This recipe makes more salsa than you'll need. Serve leftovers with nachos or quesadillas, or in fajitas or salads.

500g sweet potatoes, scrubbed and cut into fries
1 tbsp olive oil, plus 2 tsp
1 courgette, trimmed and sliced lengthways into 3mm strips
100g grated mozzarella
100g grated Cheddar
20g gochujang paste or dipping sauce
40g light mayonnaise
6-10 sliced jalapeños, to taste

For the salsa

400g tomatoes, finely diced
1 red pepper, finely diced
1 spring onion, trimmed and finely sliced
10g fresh coriander, chopped
1 lime, zested and juiced
2 tsp white wine vinegar

1 Put all the ingredients for the salsa in a bowl; mix well, season to taste and set aside.
2 Preheat the oven to gas 6, 200°C, fan 180°C. Toss the sweet potatoes in the oil, then transfer to a baking tray. Season, then bake for 30 mins, turning halfway, until tender. Toss the courgette strips in the remaining 2 tsp oil and roast on a separate tray for the last 8-10 mins; set aside.
3 Meanwhile, mix together the mozzarella and Cheddar, gochujang and mayonnaise. Transfer a third of the cooked fries to an ovenproof dish about 25cm. Scatter with a few jalapeños, a third of the courgette and a third of the cheese mix. Repeat the layers to use all the ingredients, then return to the oven for 5-7 mins until the cheese is melted. Spoon over about a quarter of the salsa to serve, saving the rest for another dish (see tip).

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1739kJ 416kcal	23g	10g	14g	1.1g
21%	33%	50%	15%	19%

of the reference intake. See page 7.
Carbohydrate 34g Protein 15g Fibre 6g

GIVE ME MORE!
Scan the code to get more veg into your diet with our range of vegetarian recipes, on Tesco Real Food.

RECIPES **JESSICA SMITH-SIMMONS** PHOTOGRAPHY **KAREN THOMAS** FOOD STYLING **MIMA SINCLAIR** PROP STYLING **LUIS PERAL**

GREAT SCOT!

Gather your friends and celebrate Burns Night with a warming supper

While traditionally served with neeps and tatties for Burns Night on 25 January, haggis is far more versatile than you might think. We love it shaped into koftas, mixed into Bolognese or put in a pie, like this one. It's iron-rich, and surprisingly affordable.

HAGGIS 'COTTAGE' PIE

Serves 6 ❄ **Takes** 1 hr 20 mins plus cooling

Preheat the oven to gas 6, 200°C, fan 180°C. Heat 1 tbsp **vegetable oil** in a saucepan over a medium heat. Add 2 thinly sliced **onions**, 2 finely chopped **carrots**, 2 finely chopped **celery sticks** and the leaves of 3 fresh **thyme sprigs**. Cover and cook for 10 mins, stirring occasionally, until softened. Stir in a 454g pack **Simon Howie Original Haggis**. Cook for 5 mins. Add 200ml **red wine** and simmer for 2-3 mins until reduced by half. Stir in 300ml **beef stock** and a 400g tin **finely chopped tomatoes**. Bring to the boil, then cover and simmer for 10 mins, stirring often, until thickened. Meanwhile, peel and slice 3 medium **Maris Piper potatoes** into rounds and 1 medium **swede** into slices. Put the haggis mixture in a baking dish; top with a layer of potato and swede, alternating them. Sprinkle with 30g grated **Cheddar** and the leaves from 3 fresh thyme sprigs. Bake for 40-45 mins until golden and tender. Serve with **Tenderstem**, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1639kJ 393kcal	17g	7g	12g	1.9g
20%	24%	35%	13%	31%

of the reference intake. See page 7.
Carbohydrate 36g Protein 11g Fibre 14g

Simon Howie Original Haggis 454g, regular price £2.75 (61p/100g); Clubcard price* £2.25 (50p/100g)

*Available in selected larger stores from 15 January-4 February 2025, while stocks last. Clubcard/app required

Table for one

Smaller households: we hear you! Learn to love cooking for yourself, with less waste, more meal prep and easy, flavour-packed dinners that last for days. Here's how...

PLAN YOUR PLATES

Meal planning is key for saving money, it also gives structure and can reduce food waste. Pick recipes with overlapping ingredients so you can use the whole pack in one go. If you like to keep midweek dinners spontaneous, try three-day meal plans, and keep batch-cooked options in the freezer.

SHOP LONG-LIFE

When cooking for one, fresh ingredients can be harder to use up in time. But remember, frozen or tinned fruit and veg also count towards your 5-a-day, so think about including them in your basket. When buying fresh, consider freezing bread, produce, even yogurt, to extend its shelf life.

BATCH BETTER

Batch-cooking saves time and cash, but eating the same meal every day can get a little boring. Build up your spice collection to give the same meal a new flavour twist – try chilli powder in leftover Bolognese, or paprika stirred through baked beans. Get creative with toppings and sides too: if you served chilli with rice and soured cream one day, try it with nachos and avocado the next.

MAKE USE OF THE MICROWAVE

This handy kitchen tool is cheaper to run than an oven, can cut cooking times in half, and is ideal when you're only making one portion. See our recipes, including an easy microwave dhal, at tes.co/microwave.

ONE-PAN WONDERS

There's nothing worse than making yourself a meal and being left with mounds of washing up. To make life easier, look for one-pot recipes when meal planning – think stews, traybakes, risottos and pastas.

USE IT ALL UP

You may find you have more leftovers, so get creative with your food waste. Broccoli stems can be sliced and added to stir-fries, stale bread can be blitzed into breadcrumbs, and veg trimmings, peelings and skins can be boiled for stock. See p95 for more ideas.

GET-AHEAD GRAINS

Widely regarded to be excellent for your gut due to their high fibre content, pre-cooking grains or pulses like quinoa and lentils will save you time through the week. They can be used to quickly assemble a nourishing bowl, tossed through a salad or made into curry.

KITCHEN AMBIENCE

If you don't find it fun to cook – or dine – solo, create a joyful environment in your kitchen. Add candles, switch on the radio or call a friend, and take pics of your meals to show off to loved ones.

GIVE ME MORE!

There's a wide selection of simple recipes to serve one on Tesco Real Food. Scan this QR code to find them.

WORDS **ANGELINA FILIPPONE** PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **CHARLOTTE WHATCOTT** PROP STYLING **VICTORIA ELDRIDGE**

And relax...

Find a moment of calm and create a tranquil space with Autumn Winter essentials

PARED-BACK CHIC

We're loving the trend for simpler aesthetics and, as we come out of a busy festive season, a calm home couldn't be more needed. So take time to give your space a refresh with beautiful basics from F&F Home. Each piece is designed to live in harmony with homeware you already own, like this gorgeous vase (right). Its simple shape works just as well with a bouquet as it does with a modern display.

F&F Home Medium Apothecary Vase, £6

'Our soft simplicity trend is centred around warming neutral tones, soft textures that you will want to cosy up in and beautiful silhouettes that will stand the test of time'

Donna Bridgeman,
head of design, F&F Home

GO SLOW

'Our soft simplicity trend encapsulates items of beauty and appreciation for great design,' says Donna Bridgeman, head of design at F&F Home. 'It's all about slowing down in those moments of calm.' Even small items can make a difference to the way we enjoy our home. We love the tactile, natural textures of this dipped ceramic mug – a simple way to elevate those me-time moments.

Above **Made For Winter Mug, £2.50**

'It's all about slowing down in those moments of calm to reconnect with yourself'

LOVE YOUR SPACE

No matter what the size, it's easy to create a space you'll want to spend time in with F&F Home. Try layering textures for a cosy feel, but keep your colour palette neutral for a serene look. Double up on cushions and sink into your happy place – we all need one.

Above **F&F Home Faux Fur Cushion, £12; F&F Home Quilted Velvet Cushion, £10**

F&F HOME

All items are available in store only

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Fortune cooking

You may be familiar with Chinese New Year, but did you know that Lunar New Year is celebrated in many countries across Asia? Here, three food experts share their favourite recipes for the festivities

LUNAR NEW YEAR
29 January

Sea bass with shiitake, ginger & pak choi p75

Grange Farm, Brighstone

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Helen Goh is a Malaysian-Australian pastry chef and cookbook author. She's worked alongside chef Yotam Ottolenghi for the past 18 years and has co-written two books with him.

'Fish is commonly served during the Lunar New Year because of its association with prosperity and abundance - the Chinese word for fish ("yu") means plenty. The hot oil "treatment" is a favourite of mine and serves to firm up the flesh of the fish and also sizzle the ginger to make it more vibrant. Growing up, the Lunar New Year was a very special festival for my family. We celebrated by preparing for days and sometimes weeks in advance, cleaning the house, baking cookies and planning menus. Since having children of my own, I've revived many of the traditions that I grew up with because I want them to experience the excitement, the way I did as a child.'

SEA BASS WITH SHIITAKE, GINGER & PAK CHOI

Serves 4 as part of a feasting menu DF
Takes 35 mins
Cost per serve £2.85

COOK'S TIP Swap the whole sea bass for fillets if you prefer, scoring the skin of each fillet 3 times before cooking as per the recipe.

250g pack pak choi, trimmed, leaves separated
520g pack Fish Said Fred 2 whole sea bass
½ tsp fine sea salt
70g Tesco Finest shiitake mushrooms, stalks discarded, caps sliced into 5mm slices
15g piece fresh ginger, peeled and sliced into very thin matchsticks
2 spring onions, trimmed and thinly sliced on an angle
1 mild red chilli, halved, deseeded and thinly sliced on an angle
2 tbsp groundnut or sunflower oil
steamed jasmine rice (optional)

For the sauce

60ml Tesco Finest chicken stock or water
2 tsp sesame oil
1 tbsp Shaoxing rice wine or dry sherry
2 tbsp reduced-salt soy sauce
2 tsp light brown soft sugar

1 Preheat the oven to gas 7, 220°C, fan 200°C. Scatter the pak choi leaves over a deep 23 x 33cm baking tray. Make 3-4 shallow, diagonal cuts in both sides of the fish, sprinkle the salt equally over each side, then lay on top of the pak choi.
2 Scatter the mushrooms over and around the fish, then scatter the ginger over the fish and set aside.
3 Put all the sauce ingredients in a saucepan over a medium heat and stir well. Once simmering, pour over the fish. Quickly cover tightly with foil, then bake for 15 mins or until the fish is cooked through.
4 When the fish is ready, scatter over the spring onions and chilli and set the tray aside for a moment.
5 Heat the oil in a saucepan over a high heat until very hot and starting to smoke. Very carefully pour this over the fish. Transfer to a serving platter and serve with jasmine rice, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1270kJ 305kcal	19g	4g	5g	1.8g
15%	27%	22%	5%	30%

of the reference intake. See page 7.
Carbohydrate 7g Protein 26g Fibre 2g
1 of your 5-a-day; high in protein

HELEN GOH PORTRAIT PHOTOGRAPHY **JOHN DAVID**

Uyen Luu is a food writer, cookbook author and photographer who also runs popular Vietnamese supper clubs and cooking classes from her home in Hackney, east London.

'The Lunar New Year has always been an important celebration in my family. We follow all the traditions, from wearing red to paying off debts. We celebrate with a big feast and leave lucky fruits, such as clementines and pineapples, at the altar for our ancestors and those who look upon and guide us today. The more food there is, the more joyous the ancestors, and therefore they may gift us with hope and prosperity for the coming year. One of our feast dishes is a light brothy rice porridge. It's a very humble dish, made in times of hardship. It's made luxurious with the sweet, sour and spicy chicken salad: its cold and crunchy textures contrasting with the silky, hot and warming soup. Using a whole chicken symbolises togetherness. I always enjoy this meal with my family and it makes me reflect upon the last year and our lives together. This simple dish has always brought us joy in times of tribulation.'

VIETNAMESE-STYLE CHICKEN RICE CONGEE

Serves 8 DF GF
Takes 1 hr 30 mins
Cost per serve £1.46

1.65kg whole chicken
2 tsp sea salt flakes
15g light brown soft sugar
2 onions, peeled but left whole
2 carrots, peeled but left whole
100g jasmine rice
150g chestnut mushrooms, sliced
40g ginger, peeled and finely chopped
2 tbsp fish sauce

For the salad

1 red onion, thinly sliced
1 tsp sugar
2 tbsp white wine vinegar
200g white cabbage, thinly sliced
50g red cabbage, thinly sliced
1 carrot, peeled and julienned
30g pack fresh coriander, snipped with scissors or torn
30g pack fresh mint, torn

For the nu'ó'c mắm dressing

3 garlic cloves, finely chopped
2 bird eye chillies, finely chopped, plus extra (optional)
1 lemon or lime, zested and juiced
2 tbsp maple syrup or clear honey
2 tbsp fish sauce

1 Put 1.7ltrs water in a very large, lidded saucepan. Once boiling, add the chicken, salt, brown sugar, onions, carrots, rice, mushrooms and ginger; cover, then bring to the boil again over a low-medium heat. Reduce the heat to low and simmer for 40 mins or until the rice grains have blossomed and thickened the broth, and the chicken is cooked through. Stir in the fish sauce, re-cover, then remove from the heat and let the residual heat cook the congee for a further 20 mins.

2 Transfer the whole chicken to a bowl of cold water and set aside for 10 mins. Slice the carrots and return to the rice mixture; discard the onions. Season the broth to taste, if you like.

3 Meanwhile, mix the red onion with the sugar, vinegar and 2 tsp ground black pepper; set aside to pickle for at least 10 mins. Mix all the ingredients for the dressing together; set aside.

4 When ready to serve, mix the sliced cabbages, carrot, coriander, mint and pickled onion together. Shred the chicken, discarding the skin, and add to the mix. Pour over the dressing and toss together.

5 To serve, ladle the hot congee into soup bowls, then add the chicken salad and mix most of it through (leaving some on top as a garnish) to gently heat the raw vegetables but leave some crunch. Finish with a twist of black pepper and extra sliced bird eye chillies, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1639kJ 391kcal	18g	5g	11g	3.9g
20%	26%	26%	12%	65%

of the reference intake. See page 7.
Carbohydrate 24g Protein 30g Fibre 4g

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Tofu lo mein noodles p81

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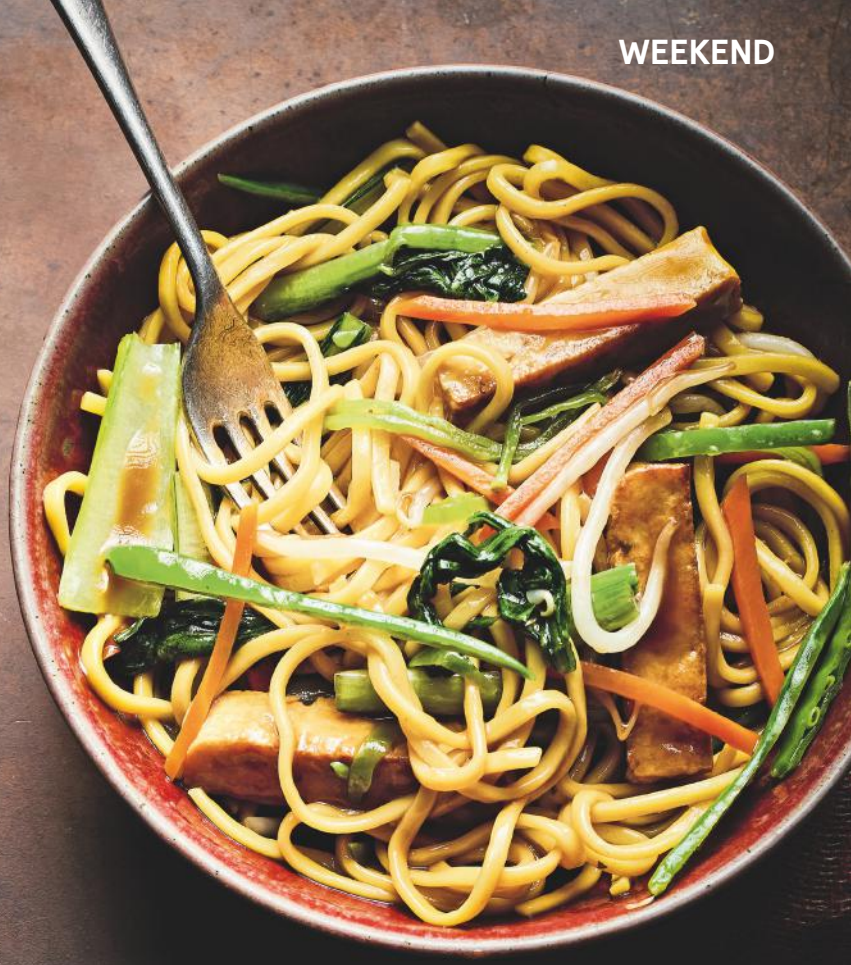
Photography: Pari Dukovic of the Broadway cast

Jeremy Pang is a British-Chinese chef, cookbook author and founder of the School of Wok cookery school in London, which teaches students the secrets of Asian food.

'Lunar New Year is a time to enjoy big feasts with family and friends but, for me personally, it's also a chance to reflect on the past year and look forward to making the new year better than the last. My biggest enjoyment is being able to cook for my loved ones – I get a great sense of satisfaction from making people smile through food. I chose this recipe as, in Chinese tradition, noodles signify long life, but it's also the type of dish that I often cook for my kids. It's super-easy to make and I know that they'll gobble it up without any fuss. You can feed this sort of dish to almost anyone and can easily swap out the type of noodles depending on people's dietary requirements. For me, noodles are always a winner!'



TOFU LO MEIN NOODLES

Serves 4 V DF
Takes 20 mins
Cost per serve £1.67

2 tsp cornflour
150g firm tofu, sliced into thick batons
3 garlic cloves, finely sliced
2 spring onions, sliced into 2-3 cm lengths
1 carrot, peeled and cut into matchsticks
100g mangetout, finely sliced into matchsticks
1 reduced-salt vegetable stock cube, made up to 450ml
2 x 300g packs fresh egg noodles
100g beansprouts, washed and drained
100g choi sum or pak choi, cut into 4-5cm lengths
1½ tbsp vegetable oil

For the lo mein sauce

1 tbsp miso paste
2 tbsp light soy sauce
2 tbsp reduced-salt soy sauce
2 tsp sesame oil
1 tsp sugar (any type)

1 Mix together the sauce ingredients and set aside.
2 Whisk the cornflour with 3 tbsp water and set aside.
3 Arrange all the other ingredients in a 'wok clock', starting at 12 o'clock with the tofu batons, followed by the garlic and spring onions, the carrot, mangetout, sauce, stock, cornflour paste, noodles, the beansprouts and choi sum.
4 Heat 1 tbsp oil in a wok over a medium-high heat and fry the tofu batons for 3-4 mins, turning often, until golden all over. Transfer to a plate lined with kitchen paper to drain.
5 Add another ½ tbsp oil to the wok, increase the heat to high and add the garlic and spring onions. Stir-fry for 30 secs, then push the veg to one side and add the carrot and mangetout to the other. Stir-fry for another 30 secs, then return the tofu to the pan.
6 Pour in the sauce, stir-fry for 1 min, then add the stock. Once boiling vigorously, add the cornflour paste and stir well to thicken slightly.
7 Scatter in the noodles, then add the beansprouts and choi sum. Fold through the sauce for 1-2 mins to heat through, then serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1477kJ 353kcal	12g	1g	9g	1.7g
18%	17%	7%	9%	29%

of the reference intake. See page 7.
Carbohydrate 44g Protein 13g Fibre 7g
1 of your 5-a-day; source of fibre; source of protein; source of vitamin A

Lunar New Year storecupboard

Add authentic flavours with these...

1 MISO PASTE Made from fermented soy bean paste, miso adds a rich umami flavour to dishes. Use in marinades or as a base for Asian-inspired broths. **Miso Paste 100g, £1.80**

2 JASMINE RICE This is a long-grain rice that has a delicate, fragrant quality with a slightly sticky finish that's great for absorbing flavours. **Jasmine Rice 1kg, £3** (30p/100g)

3 DARK SOY SAUCE A staple of Chinese cooking, soy sauce adds deep savoury notes to stir-fries, dips and marinades. **Dark Soy Sauce 150ml, 75p** (50p/100g)

4 SESAME OIL Add a dash of sesame oil to stir-fries, Asian-style soups and dressings for an intensely nutty flavour. **Sesame Oil 250ml, £2.60** (£1.04/100g)

5 SHAOXING RICE WINE This flavouring is made from fermented glutinous rice, and it adds acidity and a slightly sweet note to Chinese dishes. **Shaoxing Rice Wine 150ml, £3.80** (£2.53/100g)

BEST BUYS

GIVE ME MORE!

Scan here for more Lunar New Year recipes, on Tesco Real Food.

RECIPES **HELEN GOH, UYEN LUU, JEREMY PANG** PHOTOGRAPHY **MOWIE KAY** FOOD STYLING **TROY WILLIS** PROP STYLING **JENNY IGGLEDEN**

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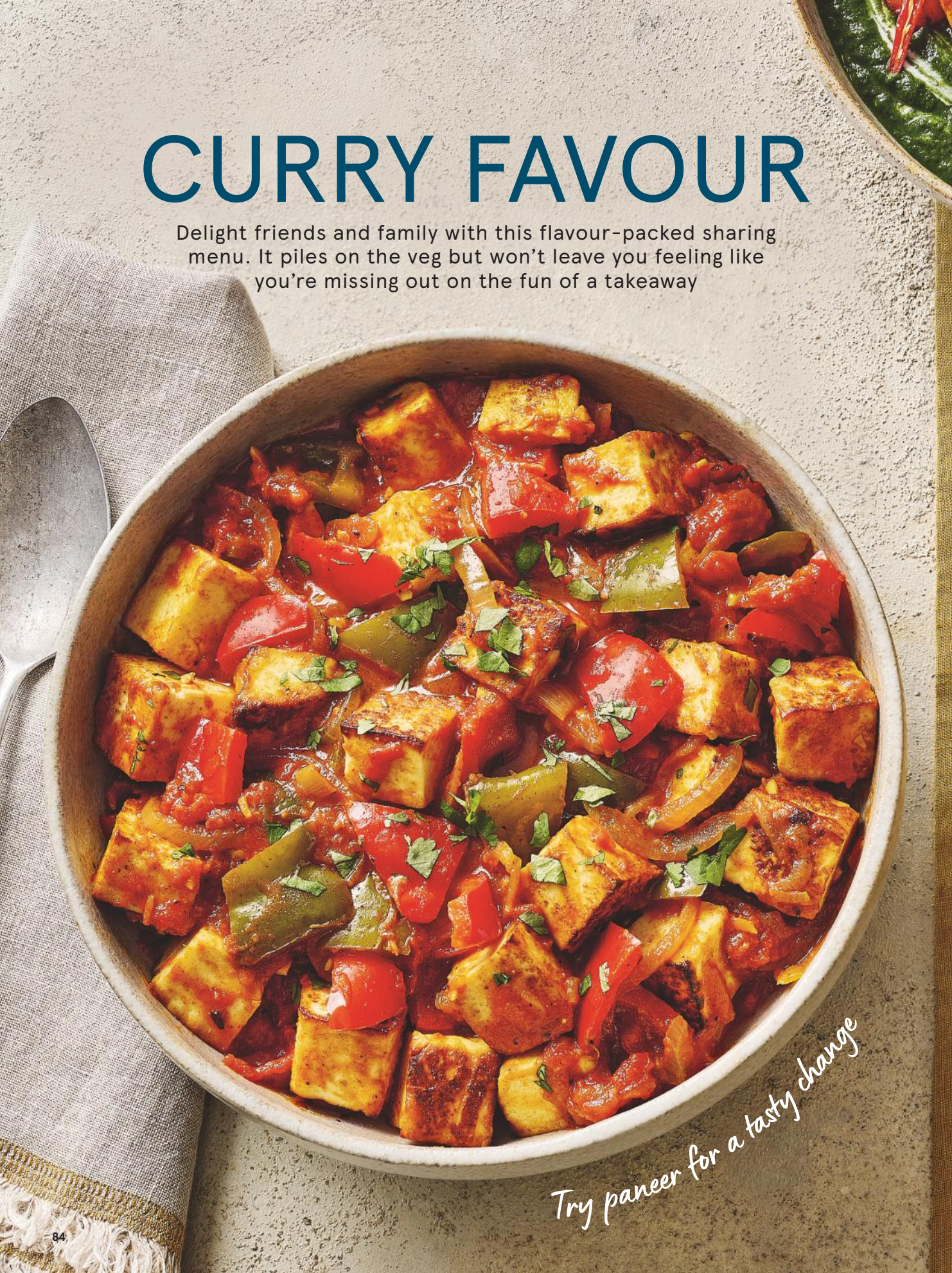

Try paneer for a tasty change

Salmon saag
p88

A deliciously easy meal for the weekend and ready in just 30 mins. Paneer is lighter than most cheeses and is great in rich tomato sauces

PANEER BHUNA

Serves 6 as part of a menu V GF
Takes 30 mins
Cost per serve 98p

2 tbsp vegetable oil
2 x 200g packs paneer, cut into 2cm cubes
3 garlic cloves, chopped
3cm piece ginger, peeled and grated
1 onion, finely sliced
1 red pepper, cut into small chunks
1 green pepper, cut into small chunks
½ tsp each ground turmeric and garam masala
1 tsp each hot chilli powder, ground cumin and ground coriander
400g tin chopped tomatoes
15g fresh coriander, finely chopped
cooked brown rice or naan and lime pickle (optional)

1 Heat the oil in a lidded frying pan over a medium heat and fry the paneer, in batches if needed, for 1½ mins each side or until light golden. Transfer to a plate and set aside.
2 Add the garlic and ginger to the pan, cook for 1 min, then add the onion and 1¼ tsp salt. Stir in the peppers and spices, cook for 2 mins, then add the tomatoes and 200ml water. Bring to a simmer, cover, then cook over a low heat for 10 mins, stirring occasionally, until thickened.
3 Stir in the paneer, re-cover and cook for 2 mins. Scatter with the fresh coriander and remove from the heat. Serve with rice or naan and lime pickle, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1041kJ 251kcal	17g	8g	8g	1.9g
13%	24%	38%	8%	31%

of the reference intake. See page 7.
Carbohydrate 11g Protein 13g Fibre 3g

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Scan this QR code to find more easy curry recipes, on Tesco Real Food.

Stir-fried green beans
p88

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Salmon saag
p88

This silky sauce is packed with spinach, kale and broccoli for extra goodness. Topped with spiced salmon, it's the perfect antidote to chilly evenings

SALMON SAAG

Serves 6 as part of a menu GF
Takes 30 mins plus cooling
Cost per serve £2.28

LOW ENERGY Cook the salmon in an air-fryer for 12 mins at 185°C.

500g salmon, skin removed, cut into large chunks
2 x 250g packs baby spinach
2 tbsp vegetable oil
4 large garlic cloves, chopped
1 medium onion, chopped
150g broccoli, cut into small florets
100g kale, chopped
15g fresh coriander, chopped
½ tsp ground turmeric
½ tsp garam masala
1 tsp ground coriander
1 tsp hot chilli powder
50g low-fat Greek-style yogurt
cooked brown rice or naan (optional)
2 red bird eye chillies, sliced (optional)
For the marinade
½ tsp ground turmeric
½ tsp chilli powder
2 tsp vegetable oil
½ lime, juiced, ½ cut into wedges

1 Mix the marinade ingredients (besides the lime wedges) with ¼ tsp salt, add the salmon, then toss to coat; set aside.
2 Put the spinach in a pot and pour over a kettleful of boiling water, leave to wilt for 2-3 mins, then drain in a colander.
3 Heat 1 tbsp oil in a lidded wok or frying pan over a medium heat and fry half the garlic for 1 min or until golden. Add the onion and 1 tsp salt, then cook for 4 mins until golden. Stir through the broccoli and kale. Pour in 100ml water, cover and cook for 5 mins or until the broccoli is tender and the water has evaporated. Set aside to cool for 10 mins, then add to a blender with the wilted spinach and fresh coriander and 75ml water. Blend until smooth, adding a touch more water if needed. The sauce should fall easily off a spoon.
4 Meanwhile, preheat the grill to high. Transfer the salmon to a lined baking tray and grill for 8 mins or until golden; set aside.
5 Wipe out the wok, then heat the remaining 1 tbsp oil over a medium heat. Fry the remaining garlic for 1-2 mins until golden. Add the spices, stir for 1 min, then add the puréed greens; reduce the heat to low and simmer for 5 mins, covered. Stir in the yogurt and check the seasoning. Place the cooked salmon on top of the saag and serve with brown rice or naan and chillies, if you like, with lime wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1039kJ 250kcal	15g	2g	3g	1.4g
13%	22%	9%	3%	23%

of the reference intake. See page 7.
Carbohydrate 5g Protein 22g Fibre 3g
1 of your 5-a-day; high in protein; source of vitamin A; high in vitamin D

This super-quick, Keralan-inspired stir-fry comes together in minutes, yet is packed full of flavour. It's great with flatbread and a dollop of yogurt and pickles on the side

STIR-FRIED GREEN BEANS

Serves 6 as part of a menu V DF GF
Takes 25 mins
Cost per serve 41p

4 tbsp desiccated coconut
2 tbsp vegetable oil
1 tsp yellow mustard seeds
2 garlic cloves, chopped
1 small red onion, finely sliced
½ tsp ground turmeric
½ tsp ground cumin
1 bird eye chilli, finely chopped
2 x 220g packs green beans, trimmed and sliced

1 Put the coconut in a bowl and pour over enough boiling water to cover; set aside.
2 Meanwhile, heat the oil in a lidded frying pan over a medium-high heat. Add the mustard seeds and, once popping, stir in the garlic, onion and ½ tsp salt. Stir-fry for 4-5 mins until the onions are soft and light golden.
3 Add the spices and chilli, cook for 1 min, then stir in the green beans and 75ml water. Reduce the heat to medium, then cover and cook for 7-9 mins until tender, adding a splash more water if the beans start to catch. Drain the coconut, stir into the pan and cook for 1 min before serving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
398kJ 96kcal	7g	2g	2g	0.5g
5%	10%	12%	3%	8%

of the reference intake. See page 7.
Carbohydrate 4g Protein 2g Fibre 4g
1 of your 5-a-day; high in fibre

RECIPES **DINA BEGUM** PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **KATY GREENWOOD** PROP STYLING **JENNY IGGLEDEN**

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SOUPED UP

It's bowl food at its simplest and best, but what's the key to making a really good soup?

Who hasn't taken solace in a steaming bowl of soup? We love its sheer versatility, budget-friendliness and the comfort it brings. Throw in leftovers from a roast, or whizz up a load of greens for an easy way towards 5-a-day. And with so many varieties – from cooling Spanish gazpacho to hearty Japanese ramen – we're not short of inspiration.

ALL ABOUT THE BASE

Layering flavour is key, and the vegetable base is the first building block. We love a classic combination of finely diced onion, celery and carrot, cooked low and slow in olive oil until soft and sweet. Add woody herbs, garlic and spices for extra flavour.

BROTH BASICS

While stock cubes and pots are great in a pinch, nothing beats a homemade broth for heaps of flavour. Collect veg scraps (beetroot, carrot and parsnip peelings add a wonderful depth of flavour), leftover bones and even hard cheese rinds. Freeze them in a bag and when you're ready to make a stock, add them all to a pan of water, with a bay leaf and some peppercorns. Bring to a boil, then simmer gently for about an hour until golden and the veg is completely tender. Strain, then use in your soup or freeze for another day.

MY SOUP IS TOO...

Thin. Blitz with cooked potato or tinned beans to thicken.
Salty. Lift the flavour with a squeeze of lemon juice.
Tart. Add a pinch of sugar to balance it out.
Flavourless. Try adding a shake of soy sauce, a teaspoon of yeast extract, or a pinch of gravy granules.

BEETROOT SOUP WITH FETA & DILL

Serves 6 V GF ❄ freeze soup only
Takes 45 mins
Cost per serve 59p

GET AHEAD Roast the veg up to a day ahead. Store the soup in an airtight container in the fridge for up to 3 days.

1 large sweet potato, peeled and chopped
500g pack cooked beetroot, drained and chopped
1 tsp caraway seeds, plus extra (optional)
2 tbsp olive oil
1 large red onion, finely chopped
2 garlic cloves, crushed
1 vegetable stock pot, made up to 1.2ltrs
150g feta, crumbled
5g fresh dill, chopped
buttered toast (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the potato and beetroot on a baking tray, sprinkle over the caraway seeds and drizzle with 1 tbsp oil. Season, then stir to coat. Roast for 35 mins, stirring halfway, or until soft and turning golden.
2 Meanwhile, heat the remaining oil in a saucepan over a medium heat. Fry the onion for 12 mins, stirring frequently, adding the garlic for the final min. Stir in the roasted veg, then add the stock, season and simmer for 10 mins.
3 Remove from the heat, then blitz until smooth with a stick blender. Divide between bowls, top with the crumbled feta, dill, extra caraway seeds, if using, and a twist of black pepper. Serve with buttered toast, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
922kJ 221kcal	10g	4g	12g	1.8g
11%	15%	22%	13%	30%

of the reference intake. See page 7.
Carbohydrate 23g Protein 7g Fibre 4g
2 of your 5-a-day; source of protein

DON'T OVERDO IT

Simmer, rather than boil, soup to avoid overcooking the ingredients. You also don't need to cook it for too long – just enough for the flavours to meld: think minutes rather than hours.

TOP TOPPINGS

Great garnishes can take a soup from basic to brilliant. Here are three of our favourite ways to use them.

1 MAKE IT A MEAL Add a poached egg, filled pasta or crispy fried gnocchi, or have cheese on toast dippers on the side.

2 ADD CRUNCH Top with croutons, toasted seeds, crispy bacon lardons, roasted chickpeas or pomegranate seeds.

3 GIVE A FLAVOUR PUNCH Stir in crumbled cheese, citrus zest, fresh herbs or crushed chillies to taste.

Cook's tip

If blending your soup, keep some stock aside in case you need to thin it. You can add liquid, but it's harder to take it away!

GIVE ME MORE!

Scan this QR code to find more soup recipes, on Tesco Real Food.

GET THE KIT

The 80% recycled aluminium **Go Cook Stockpot 22cm, £36**, is a more eco-friendly way to soup up a storm. Take your soup into the office in the stylish **Go Cook Food Flask Rose Gold 500ml, £15**, or serve at home in the pleasing **Fox & Ivy Muse Bowl Grey, £4.50**.

WORDS & RECIPE **ELLI DONAJGRODZKI** PHOTOGRAPHY **KAREN THOMAS** FOOD STYLING **ALICE WOOD** PROP STYLING **LUIS PERAL**

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USE IT UP

Speedy ideas for using up leftover ingredients from recipes in this issue

PINEAPPLE, p49
Sprinkle slices of pineapple with sugar and griddle until lightly charred to make a simple dessert. Or dice and mix with red onion, chilli, coriander and lime juice for a speedy salsa.

EGG WHITES, p28
Turn into an egg-white omelette with chopped peppers and tomatoes. Brush onto homemade pastries before baking to add a golden glaze; or whip into cocktails like Pisco Sours for smooth results.

BUFFALO HOT SAUCE, p32
Mix hot sauce with cooked and shredded chicken, cream cheese, soured cream and blue cheese. Bake to create a Buffalo chicken dip. Enjoy with tortilla crisps, pitta or vegetable crudités for a hearty snack.

CURRY POWDER, p23
Add a pinch to mayo to liven up a chicken sarnie. Stir through seasoned flour before using to coat chicken or fish for frying, or use to season homemade meatballs before shaping.

RED CABBAGE, p44
Chop and braise in a slow-cooker with whole spices, butter, red wine, sugar and a splash of vinegar until soft to accompany a roast dinner. For something speedier, shred raw cabbage and use to garnish tacos or fajitas, or include in salads for added crunch.

COTTAGE CHEESE, p49
Use as a base for creamy sauces or savoury toppings. Blitz with roasted Mediterranean veg to make a hearty pasta sauce, or mix with tuna, sweetcorn and a little light mayo for an easy jacket potato lunch filling.

MIXED SEEDS, p16
Seeds make great toppers to add a nutritional boost to your meals. Toast in a dry pan and scatter over green salads for extra crunch, or sprinkle over peanut butter on toast to elevate a basic breakfast.

FRESH ROSEMARY, p24
Use to season roast potatoes or homemade chips, or add to a bread dough for an aromatic twist. Chop and freeze the remainder in ice cube trays to use directly in soups, stews and casseroles.

FRIDGE-RAID FEASTS

Named for the earthenware pot in which it's traditionally cooked, tagine is full of flavour and great for feeding a crowd

1 Fry onions, carrots and garlic to make a base - or add celery and swap onions for shallots or leeks.

2 Classic spices include saffron, cinnamon, ginger and cumin. But you can also use up the ends of a jar of harissa or honey. Pour in any leftover stock and chopped tomatoes, then use up veg like swede, squash, sweet potatoes and courgette.

3 Add in your favourite tinned pulses, leftover roast lamb or chicken and olives, then bring in a sweet note with dried fruit, such as apricots, dates or prunes. Serve with couscous or flatbreads.

How to...

BUILD A HEALTHY STORECUPBOARD

These jars and tins count towards your 5-a-day, here's how to use them...

BAKED BEANS

Pick low salt, low sugar tins where you can. Use to bulk out veggie stews and add instant flavour for a quick and easy dinner. Add chilli flakes and sliced cooked peppers, then crack in an egg and bake for a filling breakfast.

TINNED PEAS

Step aside avocado, mashed peas with lemon and mint on toast is the more affordable breakfast du jour. Or blend into mushy peas as a veg-packed dip for chips.

SUNDRIED TOMATOES

Chop them into a turkey mince Bolognese to add depth of flavour, try as a topping on sweet potato burgers in place of ketchup, or tossed through spinach leaves and white beans for an instant, flavour-packed salad.

WORDS **JESS HERBERT, GEORGINA CROTHERS, ELLI DONAJGRODZKI** PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **KATY GREENWOOD** PROP STYLING **JENNY IGGLEDEN**

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Treat of the week

Round off a Burns Night supper with this new dessert

RICE PUDDING WITH WHISKY CARAMEL

Serves 6 V GF ❄
Takes 30 mins **Cost per serve** 53p

Put 200g **pudding rice**, 50g **caster sugar**, 1.2ltrs **whole milk** and 1 tsp **vanilla extract** in a pan with a pinch of salt. Bring almost to the boil, then reduce the heat to medium-low and simmer for 20-25 mins, stirring regularly, until the rice is tender and the milk has thickened. Remove from the heat and leave to stand for a few mins. Meanwhile, heat 100g **Tesco Finest salted caramel sauce** in a heatproof bowl in the microwave for 10-20 secs to loosen. Stir in 2 tbsp **whisky**, if you like, then drizzle over the rice pudding and scatter with 50g chopped **dark chocolate** to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1637kJ 389kcal	13g	8g	31g	0.5g
19%	19%	42%	34%	8%

of the reference intake. See page 7.
Carbohydrate 57g Protein 10g Fibre 1g

RECIPE **MIMA SINCLAIR** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **LUCY O'REILLY** PROP STYLING **VICTORIA ELDRIDGE**

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